

Nine Brocades Worksheet

Nine Brocades quick reference

Month: _____ **Goal for this month:** _____

Follow the weekly plan, gradually building from Brocades 1-3 to all nine. The suggested times are for the whole session. Adjust repetitions and pace to your comfort; shorter sessions are fine. Check each practice day and briefly note how you felt.

1. Nine Brocades Quick Reference

Brocade	Meridians / systems	Main benefits
1. Raise Palms to Heaven	Triple Burner	Posture, stress relief, breathing, and lower back support.
2. Energy Bow	Lungs (LU) and Large Intestine (LI)	Chest opening, shoulder mobility, and circulation.
3. Harmonizing Heaven and Earth Energy	Stomach (ST) and Spleen (SP)	Digestion, appetite, and immune support.
4. Dragon Wing	Liver (LV) and Kidneys (KD)	Flexibility, neck and shoulder release, and relief from eye strain.
5. Dragon's Side Bend	Heart (HT)	Emotional balance, a side body stretch, and relaxation.
6. Head-to-Toe Sweep and Rise	Bladder (BL) and Kidneys (KD)	Back and leg relief, circulation, and a full body stretch.
7. The Three Treasures	Upper, Middle, and Lower Dantian	Vitality, focus, emotional balance, and lower body strength.
8. The White Crane's Radiant Throat	Governing (GV) and Conception (CV)	Posture, shoulder opening, and nervous system support.
9. The Golden Vibration	8 Extraordinary Vessels	Whole body circulation, vitality, and immune support.

Nine Brocades Worksheet

Four-week practice tracker

Practice cue: Choose when and where you will practice. For example, "After breakfast, in the living room."

Week 1

10-15 min | Brocades 1-3

Day	Time	Done	How I felt
1	10-15 min	☐	_____
2	10-15 min	☐	_____
3	10-15 min	☐	_____
4	10-15 min	☐	_____
5	10-15 min	☐	_____
6	10-15 min	☐	_____
7	10-15 min	☐	_____

My practice cue: _____

Week 2

15-20 min | Brocades 1-5

Day	Time	Done	How I felt
1	15-20 min	☐	_____
2	15-20 min	☐	_____
3	15-20 min	☐	_____
4	15-20 min	☐	_____
5	15-20 min	☐	_____
6	15-20 min	☐	_____
7	15-20 min	☐	_____

My practice cue: _____

Week 3

20-25 min | Brocades 1-7

Day	Time	Done	How I felt
1	20-25 min	☐	_____
2	20-25 min	☐	_____
3	20-25 min	☐	_____
4	20-25 min	☐	_____
5	20-25 min	☐	_____
6	20-25 min	☐	_____
7	20-25 min	☐	_____

My practice cue: _____

Week 4

25-30 min | Brocades 1-9

Day	Time	Done	How I felt
1	25-30 min	☐	_____
2	25-30 min	☐	_____
3	25-30 min	☐	_____
4	25-30 min	☐	_____
5	25-30 min	☐	_____
6	25-30 min	☐	_____
7	25-30 min	☐	_____

My practice cue: _____