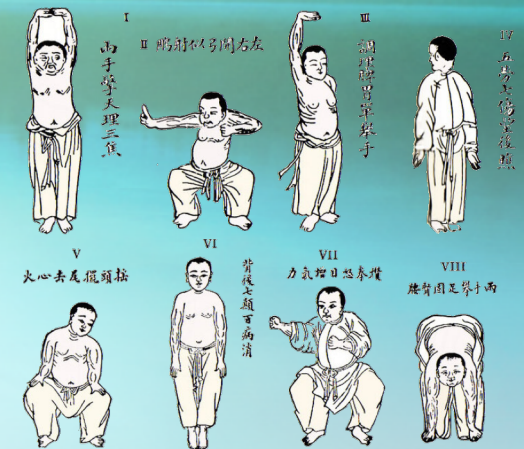


Baduanjin, 八段錦 8 pièces de Brocart & Points d'« acupuncture »

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17/06/2021





I
兩手擎天理三焦



II 鵬射似弓開右左

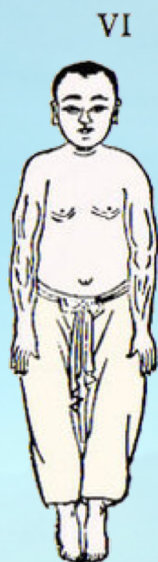


III
調理脾胃單舉手



IV
五勞七傷望後照

V
火心去尾擺頭搖



VI
背後七顧百病消

VII
力氣增日怒拳攢



VIII
腰腎固足攀手兩

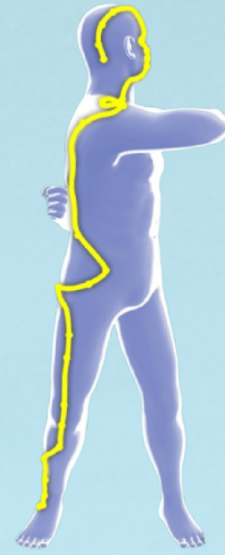




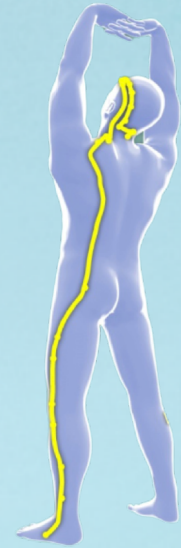
Vaisseau gouverneur



Vaisseau ceinture



Yang qiaomai



Yang weimai



Vaisseau conception



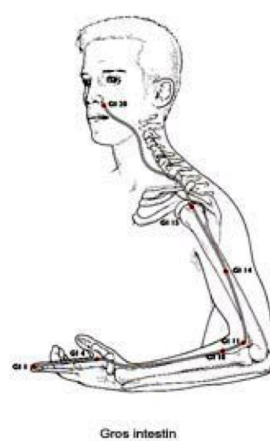
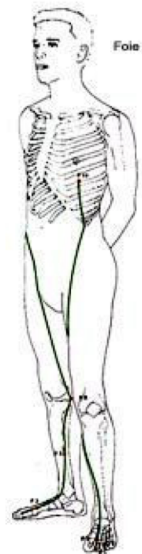
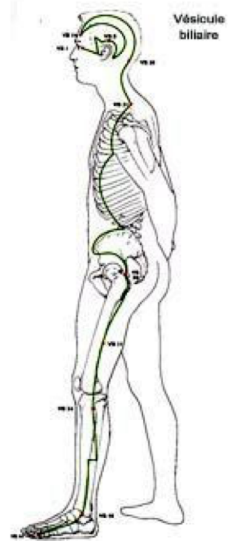
Chongmai



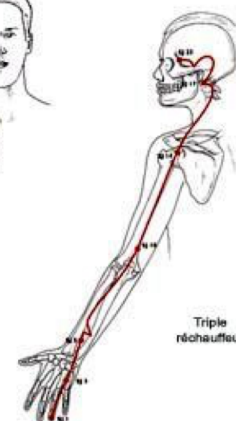
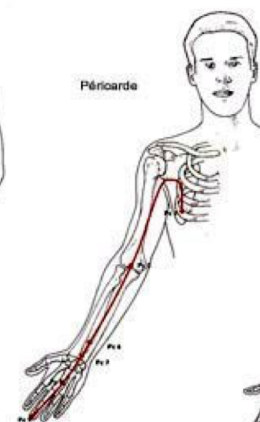
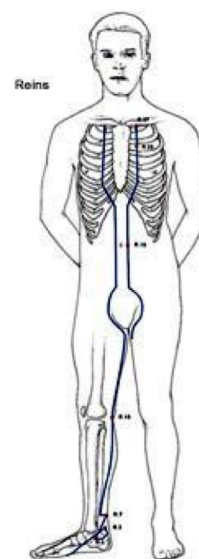
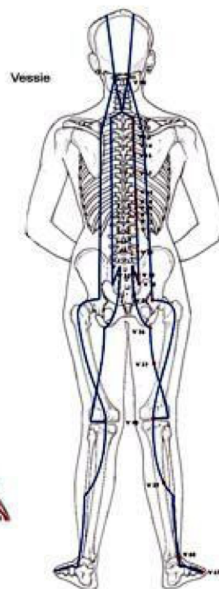
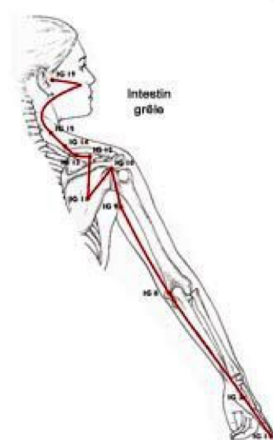
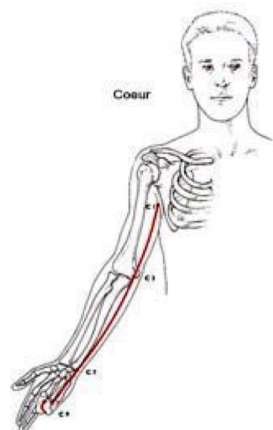
Yin qiaomai



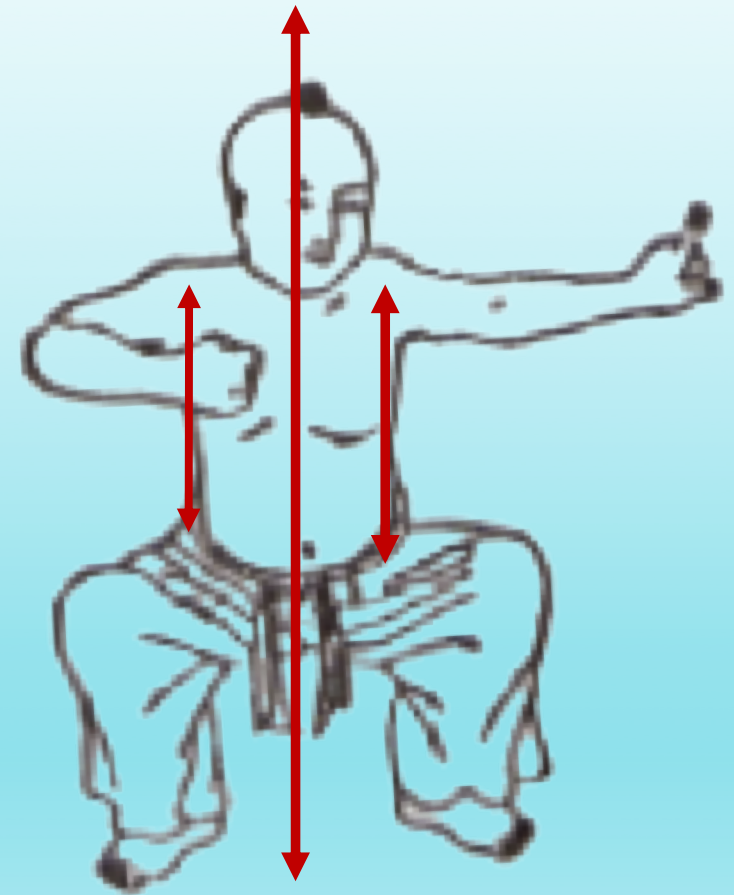
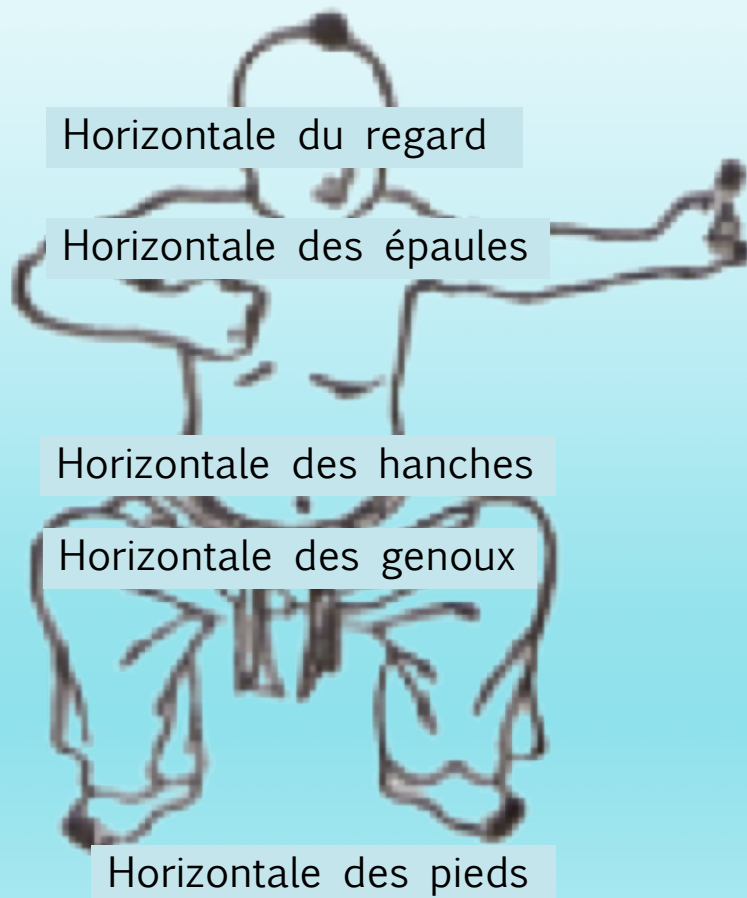
Yin weimai



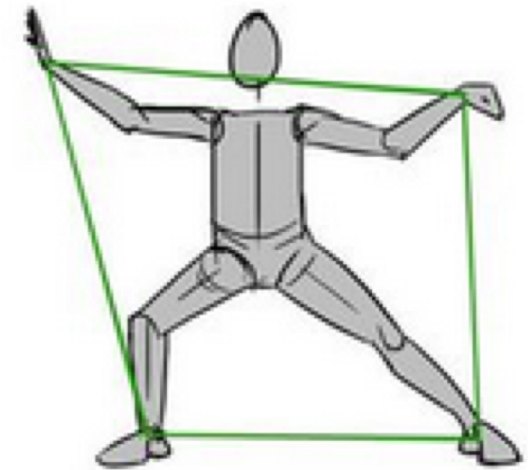
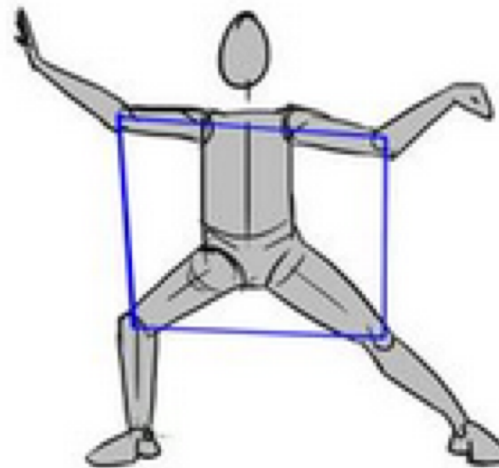
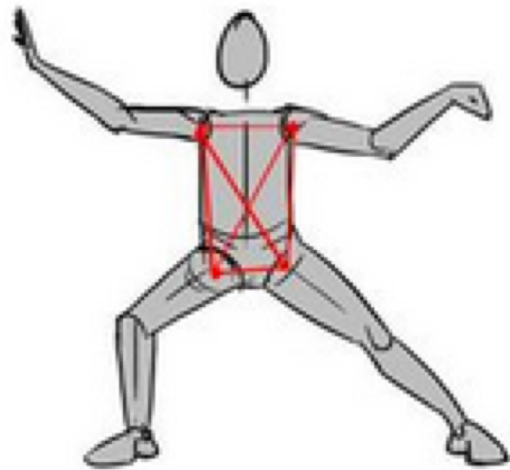
Les 12 méridiens principaux



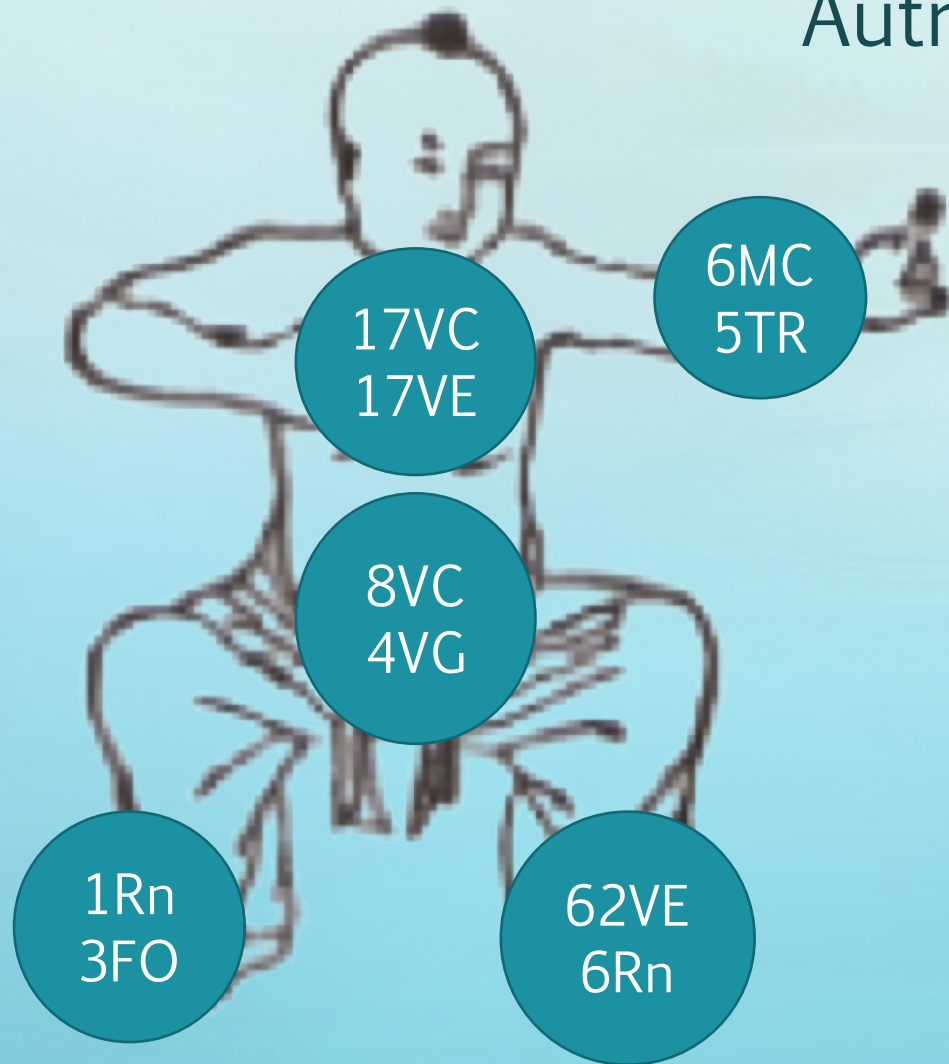
Horizontales & Verticales



6 harmonies externes



Autres harmonies possibles



Abréviations

- CO: Cœur
- ES: Estomac
- FO: Foie
- IG: Intestin grêle
- GI: Gros intestin
- MC: Maître du Cœur
- PO: Poumon
- Rn: Rein
- Rte: Rate
- TR: Triple réchauffeur
- VE: Vessie
- VB: Vésicule Biliaire
- VC: Vaisseau Conception (*Renmai*)
- VG: Vaisseau Gouverneur (*Dumai*)
- RI: Réchauffeur inférieur
- RM: Réchauffeur moyen
- RS: Réchauffeur supérieur







谢谢