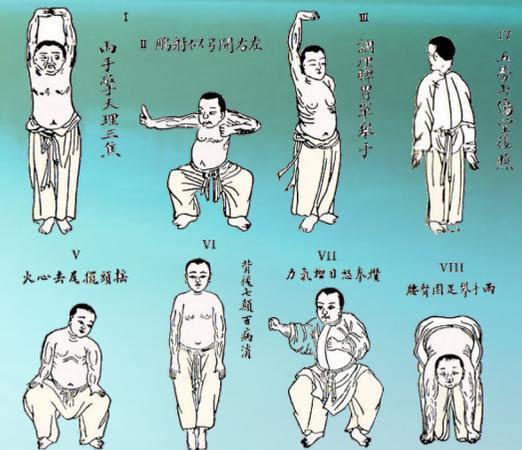


# Baduanjin, 八段錦 8 pièces de Brocart & Points d'« acupuncture »

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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

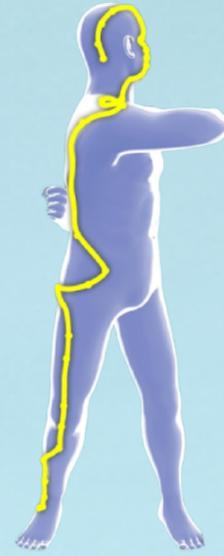




Vaisseau gouverneur



Vaisseau ceinture



Yang qiaomai



Yang weimai



Vaisseau conception



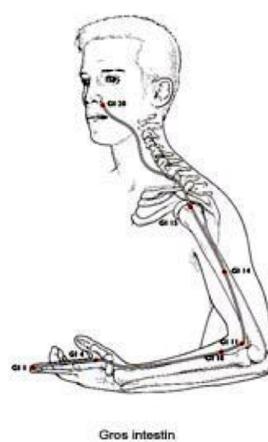
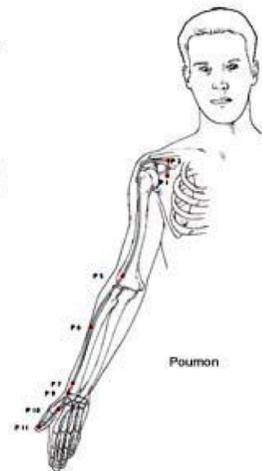
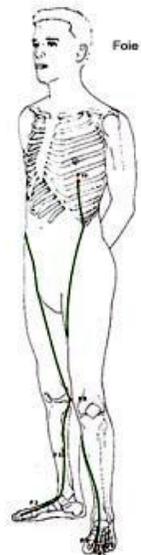
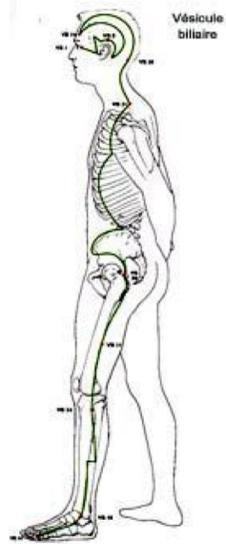
Chongmai



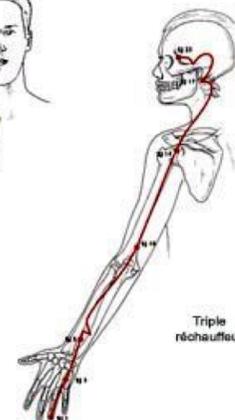
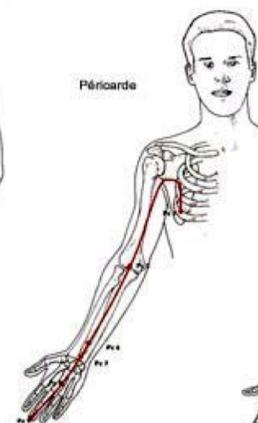
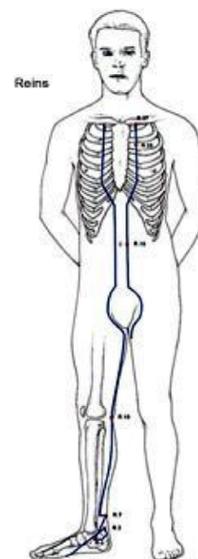
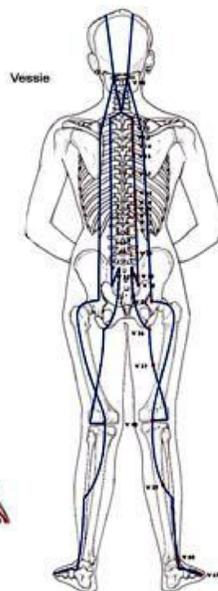
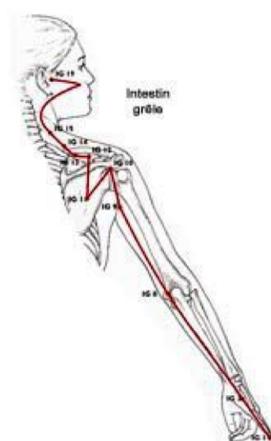
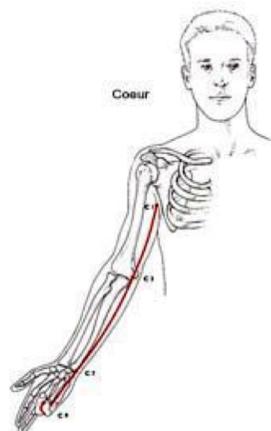
Yin qiaomai



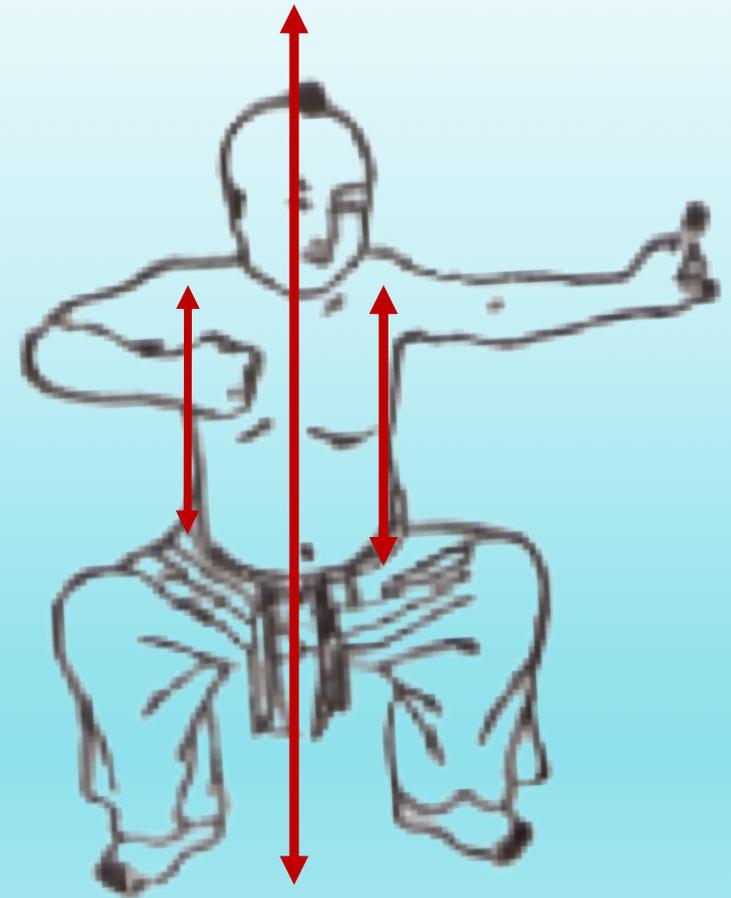
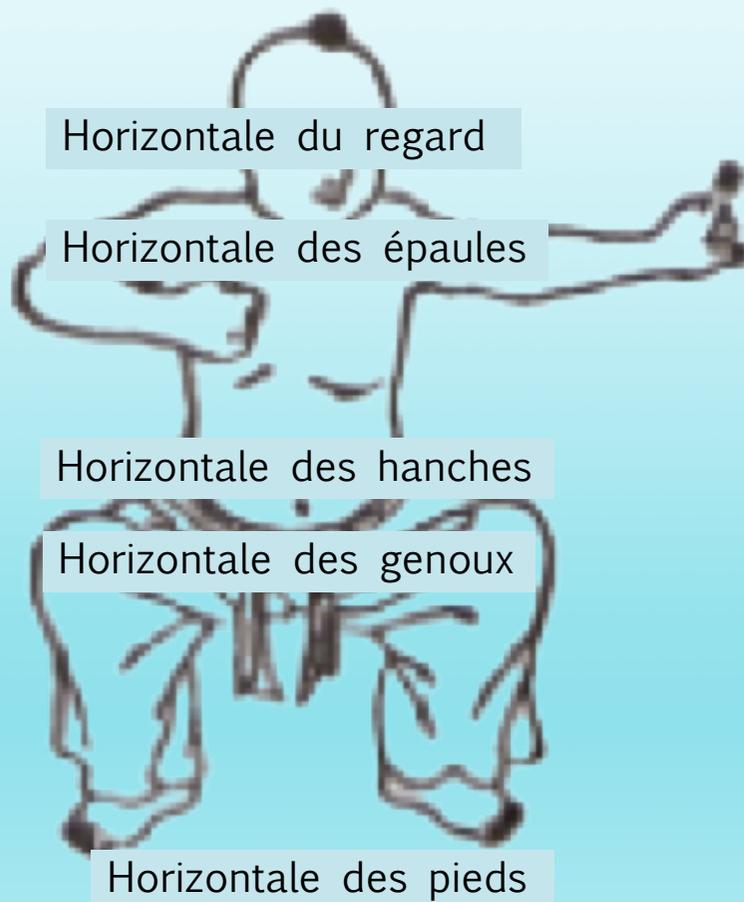
Yin weimai



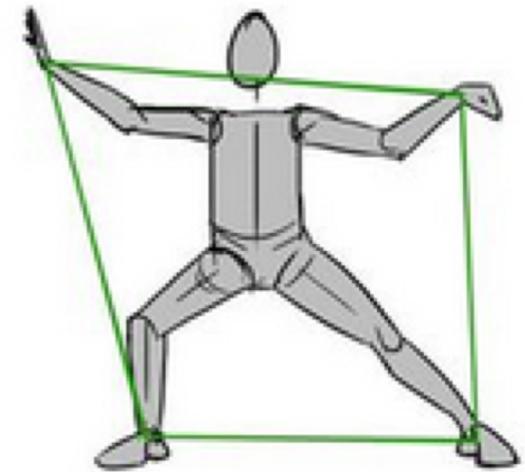
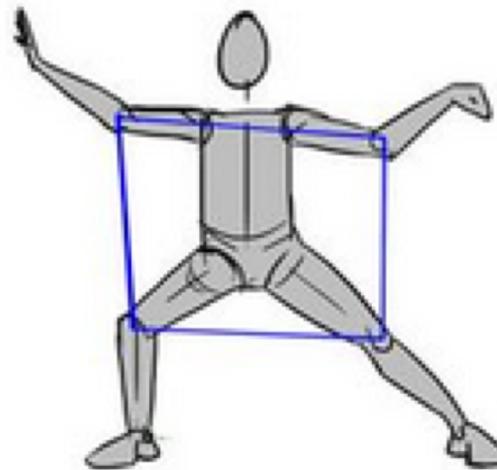
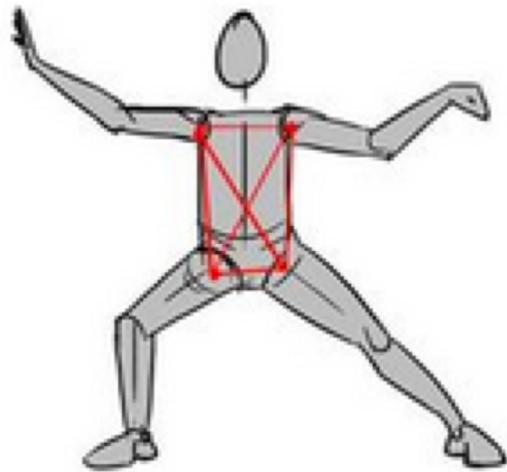
## Les 12 méridiens principaux



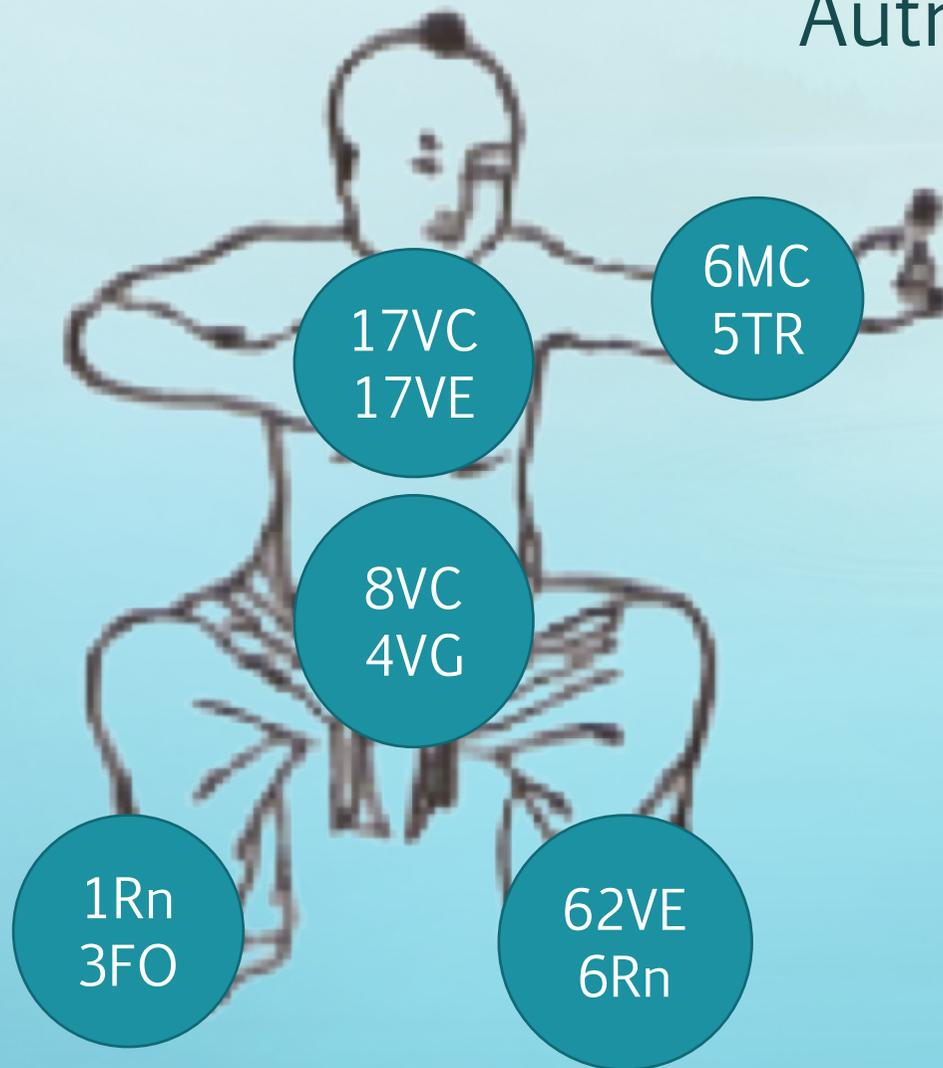
# Horizontales & Verticales



## 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