



# 少林八段锦气功

SHÀOLÍN BĀDUÀNJĪN QÌGONG

SHAOLIN EIGHT BROCADES QIGONG

*The highly coveted secrets of Shaolin Bādùanjīn were only passed down verbally over the last 1500 years from master to disciple*



# Eight Brocades Seated Chikung

**David Baud**



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