



*Movement Arts Institute*  
**MAI**  
TC4ALL.com

## **8 PIECES OF BROCADE**

- 1. Interlace fingers lift, Separate**
- 2. Shoot the Bow**
- 3. Turning Head Levelly**
- 4. Fold and Twist**
- 5. Push up, Push Down**
- 6. Bend Forward, Bend Backward**
- 7. Punch and tense**
- 8. Vibrate**