





Moo Pahl Dan Khum

Moo Pahl Dan Khum are ancient Chinese breathing exercises, designed to stretch, tone, and move energy through the body. The name has been translated to mean “eight brocade” or “eight martial silk.” The implication of both names is that the exercises are very valuable to our martial discipline and to our well-being. The exercises are based on QiGong, a form of standing meditation involving movement.

There are many variations of Moo Pahl Dan Khum. These instructions describe the variation that we practice at Miramar Martial Arts Academy.

Moo Pahl Dan Khum #1

<p>1. Begin in a relaxed stance. Grab the fingers of the right hand with the left hand.</p>		<p>2. Slowly raise arms overhead while inhaling. Look up at a 45 degree angle. Hold air in the chest.</p>	
<p>3. Drop air into the abdomen. Release the fingers and move the arms outward in a circular motion to the hip area while exhaling.</p>		<p>4. Complete the exercise by inhaling while opening the hands out to the sides, then exhaling while pushing the hands back toward the center.</p>	

Repeat the exercise, grasping the fingers of the left hand with the right hand.

Moo Pahl Dan Khum #2

1. Gently close hands into fists and raise them, elbows bent, in front of body until the fists are at chest height.



2. In a motion similar to drawing a bow, open the left hand and press out to left side. The right hand remains in a gently closed fist and is pulled back to the right shoulder area with palm remaining down. Inhale while performing this motion. You should feel the stretch across the chest.



3. Hold the breath 5-7 seconds, then continue holding while bringing the fists back to the center of the chest.



4. Open hands and slowly and smoothly press down with palms while exhaling.



Complete the exercise by inhaling while opening the hands out to the sides, then exhaling while pushing the hands back toward the center.

Repeat the exercise, pushing out to the right side.

Moo Pahl Dan Khum #3

1. From Kee Ma Jaseh, inhale and raise both fists and bring hands back to sides of hip with palms facing up, into ready position as in preparation for punch. Inhale through nose, into upper chest. Hold your breath.



2. As one arm is extended slowly, as in Choong Dan Kong Kyuk, let the air drop into the Dan Jun (abdomen). Leave the arm extended for a count of 3 to 5.



3. Still holding the breath, raise hands up. Press vertically, palms open.



4. Press slowly down and to the sides in a circular motion. Exhale as arms move down.



Complete the exercise by inhaling while opening the hands out to the sides, then exhaling while pushing the hands back toward the center.

Repeat the exercise, extending the right arm.

Moo Pahl Dan Khum #4

1. While inhaling, bring both hands, palm up, to the center of the chest.



2. Continue holding the breath while pushing up with the left hand (palm up) and down with the right hand (palm down). Feel the stretch along the left side of the torso. Hold for a count of 5.



3. Bring the hands back to the center of the chest.



4. Slowly and smoothly press down with palms facing down while exhaling.



Complete the exercise by inhaling while opening the hands out to the sides, then exhaling while pushing the hands back toward the center.

Repeat the exercise, extending up with the right hand and down with the left.

Moo Pahl Dan Khum #5

1. Place the left hand over the right, in the the Nai Han Chi Cho Dan Choon Be Jaseh



2. Raising the hands in front of the body to above the head. The back should be arched and sight directed upward. Begin inhaling when the hands are midway in front of the body.



3. Bending at the waist, move the hands down so the palms are touching the feet. Begin exhaling when the hands are midway in front of the body.



4. Raise the hands in front of the body again. Begin inhaling when the hands are midway in front of the body.



5. Again bending at the waist, move the hands down so the palms are touching the feet. Begin exhaling when the hands are midway in front of the body.



6. Raise the hands in front of the body again. Begin inhaling when the hands are midway in front of the body.



7. For the third time, bend at the waist again, moving the hands down so the palms are touching the feet. This time, retain the breath all the way down.



8. Continue holding the breath while again raising the hands in front of the body.



9. Step out with the left foot while bringing the hands down in a circular motion.



Complete the exercise by inhaling while opening the hands out to the sides, then exhaling while pushing the hands back toward the center.

Repeat the exercise, beginning with the right hand over the left.

Moo Pahl Dan Khum #6

1. Shift weight onto the right leg and bend it while turning the hip and upper body to the left. Place your palms on the upper portion of the knee area. The left leg is straight and your body is bent forward at the waist. Your left arm should be locked straight.



2. Press with the left palm on the upper part of knee. Apply force in the direction of the heel, not pushing the knee into a further locked position.

Gently massage the left knee with your left hand while breathing normally 5-7 times. Concentrate on the knee with the idea that the knee is breathing.



Complete the exercise by shaking out the left leg.

Repeat the exercise, shifting weight onto the left leg and focusing on the right knee.

Moo Pahl Dan Khum #7

1. Begin in a Kee Ma Jaseh. Inhale, filling the lungs, while pulling the fists to the ribs.



2. Push palms out in front of the body while dropping the body while dropping the air into the Dan Jun. Arch the back like a cat. You should feel the stretch across the back of the shoulders.



3. Step out with the left leg while straightening the body and bringing the arms around in a circular motion.



Complete the exercise by inhaling while opening the hands out to the sides, then exhaling while pushing the hands back toward the center.

Repeat the exercise.

Moo Pahl Dan Khum #8

1. Stand with feet wider than shoulder width and place the palms of both hands inside the belt. Fingers should be slightly touching.



2. Inhale into the chest while leaning back as far as possible. Hold for a 5-7 count. Sight should be directed upward.



3. Come upright and exhale slowly, pushing down with the palms open.



Complete the exercise by inhaling while opening the hands out to the sides, then exhaling while pushing the hands back toward the center.

Repeat the exercise.