



TAI CHI

Gentle exercises for relaxation and health enhancement



Qigong Shibashi 1 (18 Exercises)



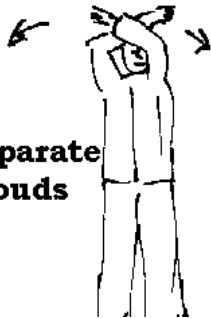
Raise Arms



Open Chest



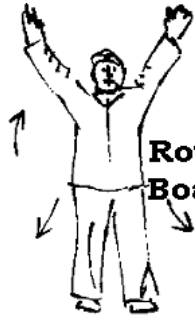
Painting Rainbow



Separate Clouds



Rolling Arms



Rowing Boat



Support a Ball



Gazing at the Moon



Turn Waist Push Palm



Cloud Hands



Scoop the Sea



Push the Waves



Flying Dove Spreads Wings



Punching



Flying Wild Goose



Rotating Fly Wheel



Step and Bounce Ball





















Balance Chi



Close

Shibashi Routines

<p><i>Chi: the power of energy</i> Shibashi-II (18 exercises)</p>	<p>Peacock unfolds tail</p> 	<p>Small heavenly roll</p> 	<p>Needle at sea bottom</p> 
<p>Willows flutter in Breeze</p> 	<p>Fisherman casts net</p> 	<p>Farmer grinds corn</p> 	<p>Buddah in meditation</p> 
<p>Dragon circles mountain</p> 	<p>Lohan focus chi</p> 	<p>Hit tiger's ears</p> 	<p>Monkey offers peach</p> 
<p>Warrior draws bow</p> 	<p>Crane in flight</p> 	<p>Maiden weaves cloth</p> 	<p>Cross hands/separate legs</p> 
<p>Circulate energy in tan tien</p> 	<p>Embrace morning sun</p> 	<p>Standing zen</p> 	<p>Close 'Listen' to what your body tells you to improve form. Relax, breathe slowly and don't overdo/force the movements.</p>

Khor Shabashi 'X'

Shibashi X: Upper Body and Arms



Willow Twisting in the Breezes (Roll fist, Chen style, in horse stance)



Wild Goose Greets the Morning Sun (Horse stance)



Bird of Paradise Unfurls Wings (Reversed breast stroke as in swimming)



Spiraling Lotus in Horse Stance

Shibashi X: Waist, Upper Body and Arms



1: Brush Palm (Horse stance, palms facing, upper circles out, lower circles inwards)



3a



4a



5a



2: Brush Palm to High Pat the Horse



3b



4b



5b

3: Brush Palm to Grasshopper Leaps at the Moon (a: back and b: front views)

4: Brush Palm to Press (Ward off, press, close door)

5: Brush Palm to Single Whip

Khor Shabashi 'X'

Shibashi X: Lower Body and Legs



Dance of the Black Swan – Heel (Weight transfer in empty stance)



Dance of the Black Swan – Toe (Weight transfer in empty stance)



Lift Vase by Neck and Press Log into Water (Horse stance)



Grasshopper Rears Up on Tip Toes (Stretch up and shimmy down)

Shibashi X: Upper and Lower Body



1a



2: Black Bear Lifts Rock (Horse stance)



4a



5: Play the Lute (Stepping to empty stance)



1b

1: Prancing Grasshopper (Bow stance weight transfer)



3: Row Boat with Double Paddle (Bow stance weight transfer)



4b

4: Brush Knee (Stepping to bow stance)



6: Closing Meditation (Horse stance)