

Khor Shibashi X

Upper Body and Arms

Willow Twisting in the Breezes
Reaching for the Heavenly Stars
Bird of Paradise Unfurls Wings
Spiraling Lotus in Horse Stance

Waist, Upper Body and Arms

Brush Palm to High Pat the Horse
Brush Palm to Press and Push
Brush Palm to Single Whip
Grasshopper Leaps at the Moon

Lower Body and Legs

Dance of the Black Swan – Heel
Dance of the Black Swan – Toe
Lift Vase by Neck and Press Log into
Water
Grasshopper Rears Up on Tip Toes

Upper and Lower Body

Prancing Grasshopper
Black Bear Lifts Rock
Row Boat with Double Paddle
Brush Knee
Play the Lute
Settle the Qi