

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 Black
Swan – Heel**
**Dance of 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