

Qigong Shibashi Exercises



1. raise arms



2. open chest



3. paint a rainbow



4. seperate clouds



5. roll arms



6. row a boat



7. balance a ball



8. gaze at moon



9. turn waist
and push palm



10. cloud hands



11. scoop the sea



12. push the waves



13. dove spreads
wings



14. punch



15. fly like wild goose



16. rotate the wheel



17. step and
bounce ball



18. close

a quick guide from www.everyday-taichi.com

1. Awakening Qi: Draw Energy from the Earth
2. Open your Heart; Embrace Nature
3. Paint a Rainbow in the Sky
4. Separate the Clouds
5. Clouds Rolling the Wind
6. Row the Boat to the Center of the Peaceful Lake
7. Water Transmutes to Vapor, Floating to the Sun
8. Turn to Gaze at the Crescent Moon
9. Repel the Fiery Dragon
10. Passing of the Clouds, like Time
11. Scoop the Sea, Sky Within Reach *(begin left, repeat 11-13 right after 13)
12. Play With the Waves, Forever
13. Pigeon Opens its Wings * (Repeat 11-13 to right)
14. Warrior Charging Fists
15. White Crane in Flight
16. Wind Spining the Wheel of the Seasons
17. Playful Feeling with Ball of Qi
18. Returning the Qi to Earth, in Harmony