

Shibashi ~ 18 Movements Of Taiji / Qigong

Waving Hands

Opening & Closing the Chest

whole body

Swinging the Rainbow

floating like a feather

Parting the Clouds

flowing like water

Reeling Silk

gently mixing

Rowing Across the Lake

breathing & moving

Raising the Sun

Gazing at the Moon

Turning the Waist & Pushing the Palms

Waving Cloud Hands

Scooping the Sea, Opening to the Sky

Rolling with the Waves

Dove Spreading Wings

Dragon Emerging from the Sea

Flying Crane

Turning the Wheel

Stepping & Bouncing the Ball

Gathering Energy & Pressing the Palms

