

Qi gong 18 movement- Shibashi

- 1- **Opening** (both hands rise then sink)
- 2- **Opening the chest** (both hands rise then spread Left and Right, return to center, then sink)
- 3- **Rainbow Dance**- (both hands rise straight up, wave L then R / eyes follow hands / hips push opposite way)
- 4- **Separating clouds** (hands scoop down, rise, crossed, go overhead, turn over 180 deg, spread then drop)
- 5- **Repulse the Monkey** (R hand goes back, then pushes forward over L hand, palm up, switch sides)
- 6- **Rowing the boat** [hands swing down in front, to sides, then back & up (palms up), around in circle]
- 7- **Lifting the sun** (raise R hand, palm up, to L side, going up on toes, flip hand over & drop down, switch sides)
- 8- **Tossing the moon over the shoulder**- (make ball with hands in front. Swing over L shoulder, switch sides)
- 9- **Push Mountains**- (R palm pushes straight out to L, flips out & over to wrist and returns to R side, switch)
- 10- **Waving hands like clouds** (L hand, palm in, waves across to L, while R hand, slightly behind L, swipes across to L, R hand circles up, L hand circles down, switch directions) ☐ transition- left foot steps forward
- 11- **Scoop the sea, look at the sky**- (wt forward onto left foot, then lean back on right foot, rocking)
- 12- **Playing with waves**- (rock forward onto left foot then rock back on right foot, both hands push forward, lift up, pull back with one lifting wave, then repeat) ☐ transition to right foot forward
- 13- **Dove opens wings**- (rock back and forth) (arms spread open backward, flip, return, cross, open, repeat)
- 14- **Punching dragon from the sea** (horse stance) – fists at sides – turn torso with each punch
- 15- **Flying wild geese**- (like dove opens wings but up & down instead, rising up on toes when arms go up)
- 16- **Hug and swing the sun**- (rotate arms around in circles in front of body, holding “sun”, overhead, around, and down, bending down when “sun” is down. Then reverse direction.)
- 17- **March & bounce ball**- (when left foot goes up right hand goes up, go up on right toes, bring left foot down & tap it while at same time, “bounce ball” with right hand. Alternate left and right sides.)
- 18 **Old Sage strokes his beard** - (bend down, press both hands down spread out slightly; as you rise up, flip hands over and lift up to chest height. Repeat. no bending on last rise - rub hands together when done!