



Shibashi - 18 Tai Chi Qigong Movements & Health Benefits

Wuji/Horse Stance

1. Awaken Qi and Regulate Breathing. Draw Energy from the Earth

Strengthens and improves circulation related to the **Heart** and **Liver** and balances blood pressure.

The flowing movement of shoulders, elbows, wrists, fingers and knees activate Qi flow throughout the meridian network. Strengthens Earth Qi and calms the **Liver** Qi if overactive - Absorbs the cool Yin quality of Earth Qi as the arms are lifted and transforms physical tensions while the arms are lowered.

2. Opening the Chest – Open the Heart, Embrace Nature

Strengthens and improves conditions related to the **Heart**, **Lungs** and nervous system. Opens and expands Qi in the chest. Regulates breathing, increasing blood supply throughout the body and to the lymph glands. Reduces depression, insomnia & hypertension.

3. Rainbow Dance – Paint a Rainbow in the Sky

Relieves back pain, balances blood pressure, reduces stress, strengthens and aids the **Stomach**/digestive system, relieves **Stomach** ache and decreases fat around the waist. Strengthens the **Heart** and **triple heater**, connecting Laogong point to Baihui point. The rocking motion from leg to leg creates a strong connection with Earth Qi through the weight bearing foot. Because the arms are held in a raised position this encourages Earth Qi to be absorbed upwards and into the **Stomach** organ.

4. Gather Qi & Separate the Clouds

Relieves shoulder pain and boosts stamina. Stimulates the **Kidney**, benefits **Lungs** and **Heart** and improves the blood circulation, beneficial for chronic fatigue syndrome. Improves and strengthens the stability of the lower body, waist and legs. Strengthens the **Heart** and **Lungs**. The arm movements flush Qi along the arm meridians, and particularly the **Heart**, **Lung** and **pericardium** meridians in the chest.

5. Changing Palms & Rolling Arms – Clouds Rolling in the Wind

Works on and stimulates the **Liver** and **gallbladder**, the twisting movements unblock and disperse Qi in these meridians. Relieves shoulder pain, improves the muscles and tendons of shoulder, relieves elbow and wrist pain, arthritis and improves chronic fatigue syndrome, asthma and other conditions related to the **Lungs**.

6a. Primary Rowing the Boat – To the Centre of a Peaceful Lake

Helps the digestive system and increases mental clarity.

Promotes smooth blood circulation and good respiration and extends the Qi in the forward movements of the arms.

6b. Advanced Rowing the Boat

Helps the digestive system and increases mental clarity. Strengthens back, relieves backache and headache and is very good for strengthening the ankles, upper legs, neck and shoulders. Stimulates and strengthens the function of the **Kidney** and **bladder**. The bending exercise stretches the **bladder** meridian that runs down the back of the torso and stretches and compresses the physical **Kidney**, helping the circulation of blood through them.

7. Lifting the Ball of Qi - Reach the Sun with the Hand

Beneficial for insomnia and helps balance blood pressure. Improves conditions related to the **Kidney** and increases spiritual energy. The lifting movements activate the **Spleen**'s lifting and holding function. By focusing on the upward movement of the hand you will induce awareness and calmness of the mind, stimulates and strengthens the **Spleen** channel.

8. Turn and Gaze at the Moon Ascending

Helps digestion, stimulates blood circulation, **Liver** and **gallbladder** channels, helps slim the waist and hips encouraging flexibility in the lumbar spine and increasing weight loss, improves **Kidney** function and helps chronic fatigue syndrome. Improves conditions related to the **Stomach** and **Spleen** (strengthens – *Post Heaven Essence*).

Strengthens the **Spleen**, with some **Liver** and **gall bladder** work. This is similar to the movement above.

9. Pushing Palms – Repel the Fiery Dragon (Rotate the waist, pushing toward the side)

Strengthens dantian, legs, and back. Promotes flow of internal Qi through the legs and back, reducing waist and back strain and the accumulation of excess fat around the waist line. Helps aid digestion (bowels, bladder), The hand positions opens, stimulates and tonifies the large intestine meridian, improves conditions related to the Stomach and Spleen (strengthens) and improves Kidney function, strengthens waist and boosts stamina. Moves Qi in the Lower and Middle Dantian.

10. Wave Hands like Clouds – The Passing of Clouds Like Time

Circulates Qi round the internal organs from the lower Dantian and increases spiritual energy. Helps digestion, helps prevent arthritis, and improves conditions related to the nervous system – relaxes and calms.

The co-ordinated movement improves and stimulates brain activity - Alzheimer's.

Relaxes the eyes. Letting go or allowing the eyes to relax during this movement affects our consciousness.

11. Scooping the Sea & Searching the Sky

Induces the muscles to relax, relieves waist and leg pain, balances blood pressure, improves conditions related to the Kidney and Stomach. Opens and expands the Qi in our chest which helps to strengthen and stimulates the Heart and Lungs.

Improves the blood circulation, increases weight loss.

Connects Earth and Heaven Qi. The rocking movements connect us to the Earth.

12. Closing the Door/Playing With Waves

Improves conditions related to the Spleen, Liver and Lungs and decreases the instances and severity of insomnia, strengthens the legs and leg energy, hip joints, waist, strengthens and improves Kidney and bladder function and is beneficial for hypertension. The rocking action stimulates the Yongquan point on the soles of the feet.

13. Swan in Flight

Improves conditions related to the Heart, Liver, nervous system and Lungs, enforcing respiration and improving circulation.

Improves flow of Qi, opens and expands the Qi in the chest. Disperses feeling of depression in the chest helping asthmatic conditions and aids the digestive system. Strengthens the Heart and Lungs.

14. Punching in Horse Stance

Increases Lung capacity and improves conditions related to the Lungs, nervous system and decreases the instances and severity of insomnia. Promotes all round strength and cultivates Qi improving physical force.

Aids digestion and regulates bowel movements and stimulates mental clarity.

Strengthens the digestion - bowels. Moves Qi in the lower dantian which affects the bowels.

15. Flying like Wild Goose

Stimulates Lungs, promotes and helps lift depression, relieves anxiety and headaches, strengthens Kidney, knees and legs, helps balance and improve blood pressure.

Strengthens the Heart and Lungs. Opens and expand Qi in the chest.

16. Turning the Wheel – Wind Spinning the Wheel of Seasons

Good for low blood pressure and provides gentle and large range movements and induces smooth, slow breathing. Promotes blood circulation, strengthens the Kidney, boosts stamina, increases weight loss and relieves waist and leg pain and stiffness in the back and promotes new flexibility and strength.

Works on the bowel, Liver, Kidney meridians. The circling action of the waist facilitates bowel and Liver function, with the downward movement flushing the Kidney.

17. Bouncing the Ball of Qi

Good for relaxing the whole body, improves body co-ordination and balance and decreases the instances and severity of insomnia and fatigue. Helps revive tiredness and regain natural energy.

Helps with mental and physical co-ordination. Co-ordination of the arms and legs helps to harmonise the left and right hemispheres of the brain. Swinging the arms makes the blood move and eliminates stagnated Qi in the upper body.

Marching on the spot stimulates all the Qi channels which are found in the bottoms of the feet.

18. Conclusion & Close – Returning the Qi to Earth, in Harmony

Improves conditions related to the Heart, Stomach, high blood pressure and calms and balances the mind.

Regulates and settles internal Qi through the meridian network and settles the vital energy in the Dantian.

Connecting heaven and earth; this is also an important movement to return the Qi to the Dantian. The ascending and descending movements absorb the Yin quality of Earth Qi and the Yang quality of Heaven Qi.

Holding an Energy Ball Stance