



## Tai Chi Qigong Shibashi (18 Movements Chi Kung) – Level 1

Dao Natural Health

**The Breath** is very important in Qigong - in general, breathe in for Yin (inward) movements, out for Yang (outward) movements. Allow the movements of the form to flow with the natural rhythm of your breath, each movement flowing into the next and remember not to overstretch (70% rule), relax and enjoy :-)

### Stand in Wuji

#### 1. Commencing the Form

Allow your mind and body to relax and breathe into the belly.

Stand naturally with your legs shoulder width apart, knees soft and your shoulders relaxing down. Slowly raise your arms, in front of you, to shoulder height.

Lower the body and bend the knees at the same time as bringing the arms back down. Exhale on the downward movement and inhale on the upward. Repeat each movement 6 times.

#### 2. Broadening One's Chest - Embracing Nature

Again as above, raise your arms, with palms facing downwards, to the front of your chest. Then separate your arms out to the sides as you open your chest, palms facing each other, as you breathe in. As you breathe out, bring the hands back close together, turning the palms down, lowering the hands and finishing with the hands in front of the stomach as you bend your legs. Repeat movement 6 times

#### 3. Dancing with Rainbows

Raise both outstretched arms to chest height, straighten your legs and bring both arms over your head and straighten the arms with your palms facing each other. Shift your weight onto the right leg, bending both the knees. Straighten your left leg and raise the heel off the floor, so that the toes are touching. Bring your left hand down to your left side at waist height of your left side with palms facing upwards. Arch your right arm so the palm is facing down towards the head, breathing out as your body moves to the side. Shift your weight to the opposite side and repeat with a continuous gentle swaying movement from side to side. Do both sides 6 times, breathing in on one side and out on the other.

#### 4. Circling Arms

Bend both knees and simultaneously cross your wrists in front of the body with palms facing upwards. As you breathe in, raise both arms above your head and separate. Lower the arms down by your side, palms facing down, as you bend your legs, cross your wrists again as your knees return to Wuji position, soft. Repeat 6 times

#### 5. Twisting Waist & Swinging Arms

Stand with your left arm forward in front of you with palm upward at chest height whilst your right hand is behind you at shoulder height with palm facing upward, elbows soft. Bring the right hand forward, past your ear and down your left arm and at the same time bring your left hand back towards you so that the palms cross facing each other in front of your body. Turn your waist to the left and lightly transfer your weight to your right leg. Now bring your left hand past your ear and down your arm and allow palms to cross again whilst bringing your right hand back. Slightly transfer your weight to the left foot as you turn your waist in the opposite direction and repeat the movement. Breathing in as the arm moves forward and breathe out as the arm goes behind, similar breathing to the swimming front crawl stroke. Repeat 6 times

#### 6. Rowing the Boat

Raise your arms straight up from the sides above your head and swing them over towards the front so that they move down in front of your body with palms down and in a circular motion, bring the arms behind, up and over the top and down. Breathe in as your arms up and breathe out as they relax down. Gently lean very slightly forward at the waist as your hands come down and round.

Repeat 6 times

#### 7. Lifting a Ball of Qi

Stand in Wuji and turn to the left as you bring your right palm across the body to the left to above shoulder height, palms facing up as if you are lifting a ball of energy. Relax your left arm by your side and shift your weight to your left leg.

Lift the right heel off the ground, turn at the waist and breathe in. Turn the palm to face down, and move the arm downwards.

Change from one side to the other, breathing in on the upward movement and out on the down.

Repeat 6 times

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### **8. Turn and Gaze at the Moon**

Stand with your arms by your side and turn to the left, swinging both arms up and to the side (your right elbow bends naturally) Palms facing each other. Repeat on the other side 6 times.

### **9. Repel the Fiery Dragon**

Stand in Wuji and with the wrists sitting on your hips have your arms out in front with palms facing upwards. Turn your waist slightly to the left as you push forward with your right palm on an exhale. Turn the palm back over as you pull the arm, in on an inhale, so both arms are sitting on your hips again, keeping your upper body straight as your waist turns. Repeat with left palm. Repeat 6 times.

### **10. Playing with Clouds/Wave Hands like Clouds**

Hold your arms out in front of you, palms facing in as if in a hug or hugging a soft pillow', with the left arm on top and the right arm at the bottom of the 'hug'. As you turn your body to the left, push down with your left hand then sweep it under your right arm, returning to the 'hug'. Turn the waist to the right and repeat on the other side. Breathe in in one direction and out in the other. This movement has a circular feel to it. Repeat 6 times.

### **11. Scoop the Sea**

Stand in Bow Stance, left foot forward as if your feet were in opposite corners of a square. Lean your body forward bringing both hands to cross in front of your knee, lifting the back heel, whilst breathing out. As you breathe in, move your weight onto the back leg and raise the crossed arms, opening and separating them over your head as you lift the front toes. Push the hands down at the side of your body. Repeat 6 to 12 times on each leg.

### **12. Playing with Waves**

Stand in Bow Stance, left foot forward, lift your palms up in front of you with palms facing forward. With the weight on your left foot, as you breathe out push forward at dantien height, and stretch the back leg, lifting the heel. Slowly move your weight to your back, lifting the front toes and as you breathe in draw back the arms. This movement has a gentle rocking motion to it. Change legs and repeat. 6 - 12 times on the one leg.

### **13. Swan in Flight**

Again in Bow Stance, lift both arms out to your sides, place your weight on the back leg, lift your front leg toes and breathe in. Imagine that you are a bird in flight, opening up your wings, then transfer your weight to your front leg, raise the heel of your back foot and bring your palms together in front of your chest as you breathe out. Repeat 6 to 12 times.

### **14. Punching in Horse Stance**

Stand in Horse Stance, slightly wider than Wuji and hold loose, soft fists on your hips. As you breathe out, push out your left fist twisting it so that the 'palm' ends up downwards. Turn the fist over and withdraw the left fist as you push out with your right fist, breathing out as you 'punch'. Repeat 6 times

### **15. Flying like Wild Goose**

Arms to the sides and as you inhale, raise both hands outwards to shoulder height at the side of your body. Lowering yourself a little in the legs, let both arms slowly sink down to your sides as you breathe out. Straighten your legs a little (not locking the knees) and bringing both hands to shoulder height again. Breathe in on the up and out on the down. Repeat 6 times.

### **16. Spinning Wheels**

Stand in Horse Stance and bring both hands to the front of your stomach, and then turn to the left side, keeping your arms straight. The arms follow your waist movement, going up and around over the top of your head, palms forward. Breathe in as you do this. Breathe out your hands drop down. Repeat 3 times in both directions.

### **17. Bouncing the Ball of Qi**

As you breathe in lift up your left leg to hip height and at the same time your right arm to shoulder height and then slowly lower them down again as you breathe out. Repeat on the other side. Repeat 6 times each side

### **18. Pressing the Palms - Returning Qi to dantien**

This movement returns all of the Qi that is now moving around your meridian channels to return to dantien - The Sea of Qi. Stand in wuji and lift both hands palm upwards in front of you with fingertips of both hands pointing towards each other, almost touching. Lift your hands to chest height as you breathe in. Turn the palms over and bring down your arms down to your dantien as you breathe out, focusing on your dantien. Repeat 6 times and rest in wuji for a few moments and allow the breathe to settle.

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