

Shibashi 1 Sequence

1. Commencing Move - Harmonizing the Qi: lift and lower arms **6X**
2. Opening the Chest: imagine holding a ball keeping shoulders relaxed expand chest **6X**
3. Dancing with Rainbows: wave arms overhead from side to side with a side bend **6X**
4. Separating Clouds: **6X**
5. Twisting Waist & Swing Arms: *like repulse monkey*: **3X**
6. Rowing a boat on a lake **6X**
7. Lift Ball From Lake: opposite shoulder palm up **3X**
8. Carrying the Moon: moon up & back **3X**
9. Twisting Waist & Pushing Hands: Turn body and push palms across the body alternating right and then left: **3X**
10. Cloud Hands: **6X**
- *11. Scoop Water from Sea and look at Sky: **6X**
- *12. Push & Pull the Waves: **11X then Push**
- *13 Pigeon Wings: **12X**
14. Punching: **3X**
15. Wild Goose Flies: raise up on toes **6X**
16. Spinning Wheels: Circle arms like a windmills **3X**
17. Bouncing the Ball: **6X**
18. Circling the Palms: **6X**

*The movements 11,12 & 13 left leg forward 1st, can be repeated again with a right leg forward then proceed with movement 14 through to closing posture.

Hold Qi Ball