

Shibashi Set 1 Benefits

TaiJi Qigong Shibashi Set 1 is designed to direct and balance Qi flow through meridians or lines of energy. Its primary focus is on general health and wellbeing.

- 1. Opening the Door** - Improves conditions related to the heart and liver and high blood pressure.
- 2. Chest Opening** - Improves conditions related to the heart, lungs and nervous system.
- 3. Painting the Rainbow** - Relieves back pain and decreases the fat around waist.
- 4. Separating the Clouds** - Relieves shoulder pain and boosts stamina.
- 5. Circling the Hands** - Relieves shoulder, elbow and wrist pain and improves conditions related to the lungs.
- 6. Rowing the Boat** - Helps the digestive system and increases mental clarity.
- 7. Lifting the Ball** - Improves conditions related to the kidney and increases spiritual energy.
- 8. Looking Back at the Moon** - Helps digestion, improves conditions related to the stomach and spleen and increases weight loss.
- 9. Turn Waist & Push Palms** - Helps digestion, improves conditions related to the stomach and spleen, strengthens waist and boosts stamina.
- 10. Cloud Hands** - Helps digestion, improves conditions related to the nervous system and increases spiritual energy.
- 11. Scooping Water from the Sea & Look at the Sky** - Improves conditions related to the kidney and stomach, increases weight loss and relieves waist and leg pain.
- 12. Pushing Waves** - Improves conditions related to spleen, liver and lungs and decreases the instances and severity of insomnia.
- 13. Pigeon Wings** - Improves conditions related to the heart, liver, lungs and nervous system.
- 14. Punching** - Increases lung capacity and improves conditions related to the lungs, nervous system and decreases the instances and severity of insomnia.
- 15. Wild Crane Flying** - Relieves anxiety and headaches.
- 16. Turning Like a Wheel** - Promotes blood circulation, boosts stamina, increases weight loss and relieves waist and leg pain.
- 17. Bouncing the Ball** - Improves body coordination, decreases the instances and severity of insomnia and fatigue.
- 18. Return Qi to the Earth** - Improves conditions related to the heart, stomach, high blood pressure and calms the mind.