

# **Tai Chi Qigong Shibashi:** **Instruction Manual**

Supplementary material for the Tai Chi Qigong Shibashi video  
(You can get a free copy of the video at [www.taichi18.com](http://www.taichi18.com))



*Feel free to share this instruction manual with those in need and those you love.*

**Please read the following carefully to maximize the benefits of this qigong**



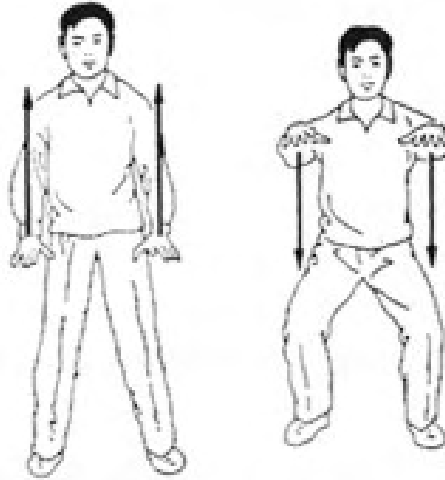
**Opening Position (Wuji Stance):**

- stand with feet shoulder width apart
- arms hang down
- palms face in to thighs
- relax the whole body
- knees slightly bent
- clear the mind
- remain in this posture for a few minutes

**Where to practice:** This type of qigong can be practiced indoors or outdoors. A quiet and peaceful environment with good air circulation should be chosen. Avoid practicing outside during severe weather such as thunderstorms or strong winds, or on days with high smog alerts.

**Breathing:** The type of breathing we will be doing throughout this qigong exercise is called abdominal breathing. Abdominal breathing is breathing using your diaphragm. You inhale through your nose and exhale through your mouth. It is called abdominal breathing, because the movement of your diaphragm will expand your lower abdomen during the inhale and contract your lower abdomen during the exhale. Breathe deeply using the full extent of your lung capacity.

**How to start:** This qigong is very effective and easy to learn. However, you should not expect to remember all 18 movements at one time. You should begin by practicing the first 3 movements. When these 3 movements have been mastered, proceed to practicing the next 3 movements in addition to the first 3 that you have just mastered. Always add to your exercise in increments of 3.



## 1. Commencing Form

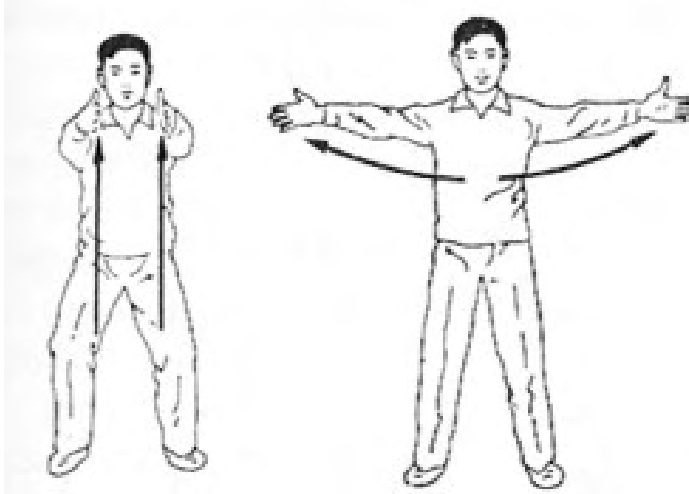
Raise arms to shoulders:

- turn palms to face backwards
- fingers point downwards and slightly curved
- breathe in
- raise body
- draw arms up to shoulder height and width
- palms face down
- elbows and wrists are slightly bent

Return arms to sides:

- turn palms to face forwards
- fingers point upwards and are slightly curved
- breathe out
- sink body down with knees slightly bent
- draw arms down to thighs
- palms face out to backwards

Repeat 6 times



## 2. Broadening one's Chest

Raise arms to shoulders:

- breathe in
- raise body
- draw arms up to shoulder height and width
- elbows and wrists slightly bent
- palms face down

Open arms out:

- turn palms facing each other
- draw hands away from each other
- arms fully extended to sides
- keep elbows slightly bent

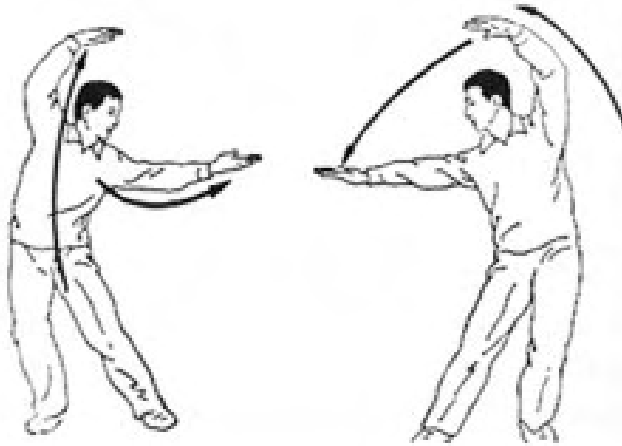
Close arms in:

- turn palms facing each other
- breathe out
- draw hands together until shoulder width apart

Return arms to sides:

- turn palms to face the front
- fingers upwards and slightly curved
- sink body down with knees slightly bent
- draw arms down to thighs
- palms face out to backwards

Repeat 6 times



### 3. Dancing with Rainbow

Raise arms over head:

- breathe in
- raise body
- draw arms straight up fully extended
- turn palms facing each other

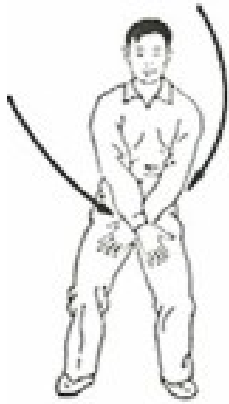
Turn to left:

- transfer body weight to right leg
- keep knees slightly bent
- extend left arm out to left side at shoulder height
- left palm up
- turn head to left
- eyes focus on extended left palm
- slightly curve waist over towards extended palm
- curve right arm over head
- right palm faces down above center of head

Turn to right:

- breathe out
- transfer body weight to left leg
- keep knees slightly bent
- extend right arm out to right side at shoulder height
- right palm up
- turn head to right
- eyes focus on extended right palm
- slightly curve waist over towards extended palm
- curve left arm over head
- left palm faces down above center of head

Repeat 6 times



#### **4. Circling Arms**

Cross hands:

- turn palms so that they face up
- fingers facing front
- cross hands right over left at wrist

Raise palms:

- breathe in
- raise body slightly
- raise the arms until palms at chest level

Turn palms:

- keep wrists crossed
- turn palms to face downwards
- raise arms above head

Separate hands:

- breathe out
- draw hands apart
- arms fully extended up and out
- keep elbows slightly bent
- keep shoulders relaxed

Repeat 6 times



## 5. Twisting Waist & Swing Arms

Turn palms facing up and raise arms until shoulder level

<p>Turn to right:</p> <ul style="list-style-type: none"> <li>• turn body from waist toward right</li> <li>• keep knees slightly bent</li> <li>• breathe in</li> <li>• draw right arm down to side</li> <li>• elbows and wrists are slightly bent</li> </ul> <p>Arc backwards right:</p> <ul style="list-style-type: none"> <li>• draw right arm up in an arc behind body</li> <li>• palm tip at ear height</li> <li>• turn right palm to face the front</li> </ul> <p>Push right palm:</p> <ul style="list-style-type: none"> <li>• turn body from waist back to center</li> <li>• breathe out</li> <li>• push right hand over left palm</li> <li>• (note palms cross in line with center of chest)</li> <li>• draw left arm towards body</li> <li>• turn right palm so that it faces upwards</li> </ul>	<p>Turn to left:</p> <ul style="list-style-type: none"> <li>• turn body from waist toward left</li> <li>• keep knees slightly bent</li> <li>• breathe in</li> <li>• draw left arm down to side</li> <li>• elbows and wrists are slightly bent</li> </ul> <p>Arc backwards left:</p> <ul style="list-style-type: none"> <li>• draw left arm up in an arc behind body</li> <li>• palm tip at ear height</li> <li>• turn left palm to face the front</li> </ul> <p>Push left palm:</p> <ul style="list-style-type: none"> <li>• turn body from waist back to center</li> <li>• breathe out</li> <li>• push left hand over right palm</li> <li>• (note palms cross in line with center of chest)</li> <li>• draw right arm towards body</li> <li>• turn left palm so that it faces upwards</li> </ul>
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Repeat 6 times



## 6. Rowing a Boat

Raise arms over head:

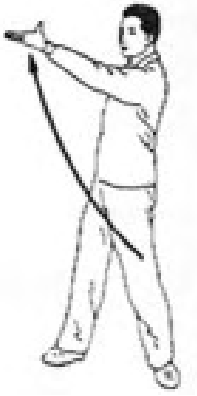
- pull both arms back
- palms face backwards
- breathe in
- raise body
- draw arms up fully extended above head
- elbows slightly bent
- palms face out to the front

Return arms to sides:

- breathe out
- fingers upwards and slightly curved
- sink body down; knees slightly bent
- draw arms down to thighs
- palms face out to backwards

Repeat 6 times





## 7. Holding a Ball

Turn left:

- turn body from waist toward left
- breathe in
- extend right arm up until shoulder height
- right palm face up
- raise the heels

Lower heels:

- lower heels to floor
- breathe out
- turn right palm downwards
- sink body down with knees slightly bent
- turn body from waist back to center
- draw right arm down to thigh

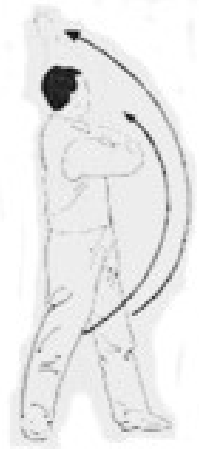
Turn right:

- turn body from waist toward right
- breathe in
- extend left arm up until shoulder height
- left palm faces up
- raise the heels

Lower heels:

- lower heels to floor
- breathe out
- turn left palm downwards
- sink body down with knees slightly bent
- turn body from waist back to center
- draw left arm down to thigh

Repeat 6 times



## 8. Carrying the Moon

Imagine that you have a big balloon between your hands and you turn to look at the moon over you shoulder and then you lower your arms and turn to look over the other shoulder.

<p>Turn left:</p> <ul style="list-style-type: none"> <li>• breathe in</li> <li>• raise body slightly</li> <li>• turn body from waist towards the left</li> <li>• fully extend both arms up and toward left</li> <li>• keep elbows slightly bent</li> <li>• relax shoulders, elbows and wrists</li> <li>• turn head to look at left palm</li> </ul> <p>Face front from left:</p> <ul style="list-style-type: none"> <li>• breathe out</li> <li>• turn body from waist back to center</li> <li>• sink body down with knees slightly bent</li> <li>• draw arms down and front in line with thigh</li> <li>• palms facing each other hip width apart</li> </ul>	<p>Turn right:</p> <ul style="list-style-type: none"> <li>• breathe in</li> <li>• raise body slightly</li> <li>• turn body from waist towards the right</li> <li>• fully extend both arms up and toward right</li> <li>• keep elbows slightly bent</li> <li>• relax shoulders, elbows and wrists</li> <li>• turn head to look at right palm</li> </ul> <p>Face front from right:</p> <ul style="list-style-type: none"> <li>• breathe out</li> <li>• turn body from waist back to center</li> <li>• sink body down with knees slightly bent</li> <li>• draw arms down and front in line with thigh</li> <li>• palms facing each other hip width apart</li> </ul>
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Repeat 6 times



## 9. Twisting Waist & Pushing Hands

Draw palms to the waist, facing upwards

Push to left:

- turn right palm facing forwards
- turn body from waist toward left
- breathe out
- push right hand to left at 45 degree and up to chest level

Return to center:

- turn right palm facing upwards
- turn body from waist back to center
- breathe in
- draw right hand to waist at right side

Push to right:

- turn left palm facing forwards
- turn body from waist toward right
- breathe out
- push left hand to right at 45 degree and up to chest level

Return to center:

- turn left palm facing upwards
- turn body from waist back to center
- breathe in
- draw left hand to waist at left side

Repeat 6 times



## 10. Playing with Clouds

Raise left arm to face level, palm facing body  
Drop right hand to waist level, palm facing body

Turn to left:

- turn body from waist toward left
- breathe in
- allow arms to follow turn

Switch positions of your arms:

- raise right arm to face level, palm facing body
- drop left hand to waist level, palm facing body
- keep elbows slightly curved

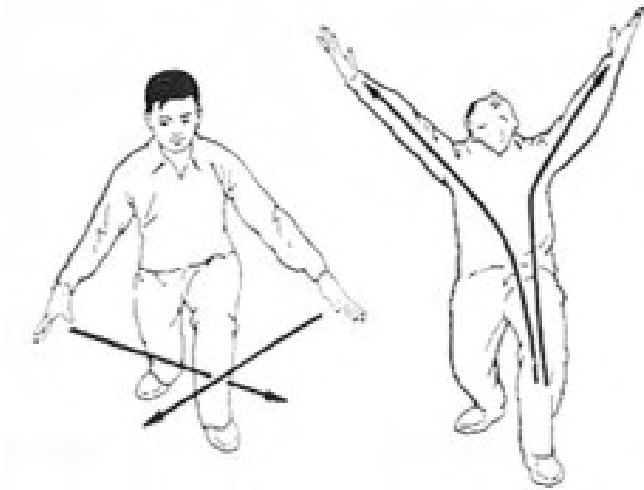
Turn to right:

- breathe out
- turn body from waist toward right
- allow arms to turn with waist

Switch positions of your arms:

- raise left arm to face level, palm facing body
- drop right hand to waist level, palm facing body
- turn to left again

Repeat 6 times



## 11. Scooping from the Sea

Left foot half step forward

Bend forwards:

- transfer weight to left foot
- bend at waist drawing both arms downwards and towards left knee
- cross hands right over left over left knee
- palms face upwards
- top of the head aligns with left foot

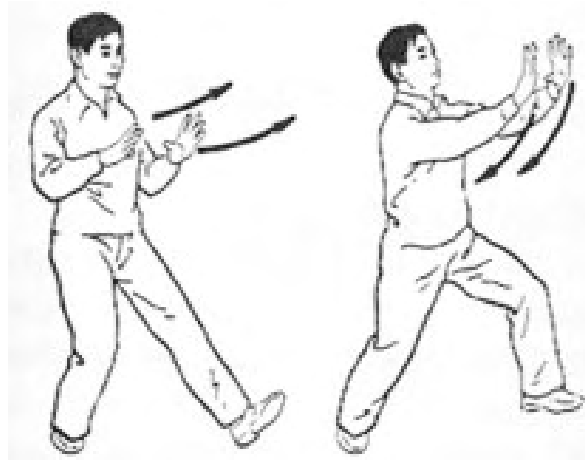
Scoop up:

- transfer weight to right leg
- gradually straighten body upright
- breathe in
- bring crossed palms up above your head

Separate hands:

- separate and extend arms out and down
- palms face the ground
- breathe out

Repeat 6 times



## 12. Playing with waves

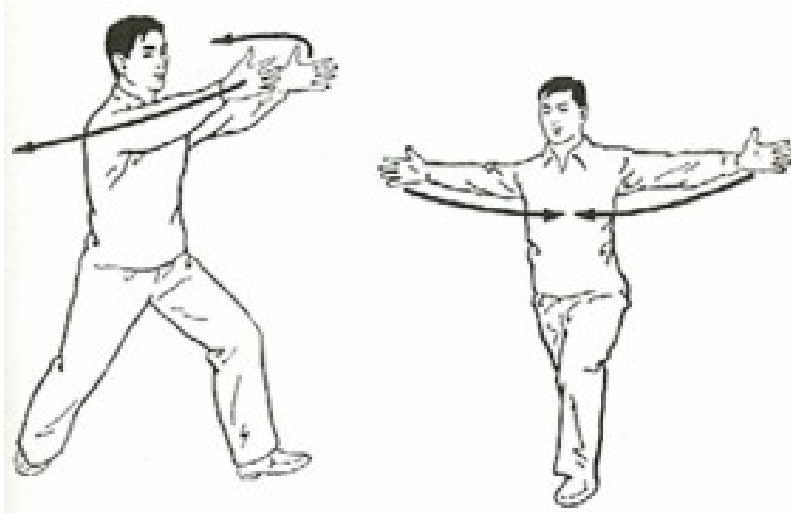
Push hands:

- place both hands at chest level
- palms face the ground
- push both hands out
- palms facing out
- transfer weight to left foot
- right heel leaves the ground
- breathe out

Pull hands back:

- palms face the ground
- pull back both hands to chest level
- breathe in
- transfer weight from left foot to right
- left heel should be the only part of the left foot that is touching the ground

Repeat 12 times



### 13. Spreading Your Wings

With both arms extended out from last move, turn palms to face each other

Open arms:

- open both arms
- transfer weight to right foot
- left heel should be the only part of the left foot that is touching the ground
- breathe in

Close arms:

- close both arms until shoulder width apart
- transfer weight from right foot to left
- right heel leaves the ground
- breathe out

Repeat 12 times



## 14. Punching

Bring your left leg back to its original position and draw in both fists to the waist

Left punch out:

- breathe out
- punch out to chest level
- as you punch turn the fist-palm down

Pull left fist back:

- breathe in
- draw left fist back to waist
- as you pull back turn the fist-palm up

Right punch out

- breathe out
- punch out to chest level
- as you punch turn the fist-palm down

Pull right fist back:

- breathe in
- draw right fist back to waist
- as you pull back turn the fist-palm up

Repeat 6 times





### 15. Flying like a Goose

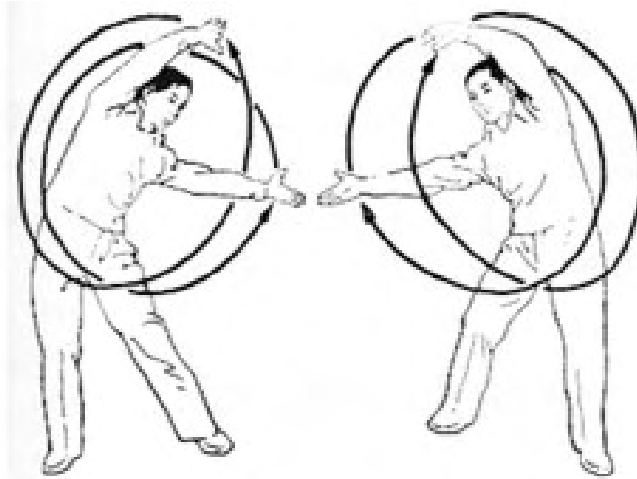
Raise heels:

- breathe in
- raise body
- raise both arms up until slightly above shoulder level
- palms face the ground
- elbows slightly bent
- raise both heels weight on the ball of each foot

Lower heels:

- breathe out
- lower heels to ground
- sink body
- curve both arms downwards

Repeat 6 times



## 16. Spinning Wheels

Circle clockwise up:

- keep your arms shoulder width apart
- bend down
- breathe in
- raise body by twisting to the left
- raise arms until above the head
- tilt body backward

Circle clockwise down:

- lower both arms on the right side
- breathe out
- lower body by twisting to the right
- bend down to original position

Repeat 3 times

Repeat 3 more times in the opposite direction (counter-clockwise)



## 17. Bouncing a Ball

Raise body and bring arms to sides of body

Right bounce up:

- shift the weight to right foot
- breathe in
- raise right arm to chest height
- raise left knee until parallel with ground
- bounce once on the right foot

Right bounce down:

- bring down right arm
- put left toes down then left heel down

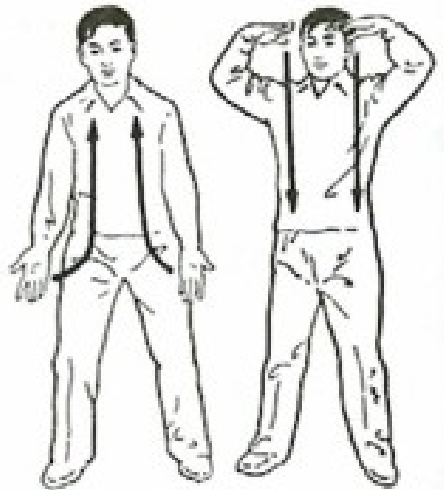
Left bounce up:

- shift the weight to left foot
- breathe out
- raise left arm to chest height
- raise right knee until parallel with ground
- bounce once on the left foot

Left bounce down:

- bring down left arm
- put right toes down then right foot down

Repeat 6 times



## 18. Pressing the Palms

Raise chi:

- breathe in
- raise body
- turn palms facing upwards
- gently raise arms up until palms facing your nose

Ground chi:

- breathe out
- turn palms downwards
- draw arms down to waist level
- sink body

Repeat 6 times

## Closing Position (Holding the Qi Ball)

- Stand with feet shoulder width apart, knees slightly bent
- Relax the whole body
- Arms hang down bowed as if holding a ball
- Palms face the lower Dan Tian
- Remain in this posture for a few minutes



- END -