

Tai Chi



Driffield & Wolds

Qigong - Shibashi set 1

Moving in harmony with your breathing

Starting position - Wuji stance

Stand with feet shoulder width apart, knees bent slightly, spine straight, shoulders and elbows relaxed, hands at your side, gaze straight ahead with crown of head up. Relax whole body and clear the mind. Stand in Wuji for a few minutes. Repeat each step 6 times.

1 - Commencing - Regulating the breath

- a) breathing in, raise hands slowly (hands relaxed) to shoulder height and shoulder width. Palms face down. Fingers point down and are gently curved. Raise body by slightly straightening the legs.
- b) breathing out, lower hands slowly as if a weight is on your wrist making palms face forward. Fingers point up and are gently curved. Sink the body down with the knees slightly bent.

2 - Opening the heart

- a) breathing in, raise hands slowly (hands relaxed) to shoulder height and shoulder width. Palms face down. Fingers point down and are gently curved. Raise body by slightly straightening the legs. Turn palms to face each other and open arms out to the sides.
- b) breathing out, hands move back towards each other to shoulder width. Turn palms to face forward. Fingers point up and are gently curved. Lower hands slowly as if a weight is on your wrist. Sink the body down with the knees slightly bent.

3 - Painting the rainbow

- a) breathing in, transfer your weight to the right leg and bend it slightly. The left leg is straight with knee unlocked. Raise the hands in front of you, as the waist turns to the left, the left hand stretches out to left side, palm up to shoulder level, right hand, palm down above the crown of your head. Focus the eyes on the left palm.
- b) breathing out, transfer your weight to the left leg and bend it slightly. The right leg is straight with knee unlocked. as the waist turns to the right, the right hand drops to shoulder height, palm up. Left hand raises palm down above the crown of your head. Focus the eyes on the right palm.

4 - Parting the clouds

- a) breathing in, turn palms to face up, cross hands at the wrist, right hand over left. Raise hands slowly up the centre line. At head height palms rotate to palms down and then continue to palm up. Raise the hands above the head.
- b) breathing out, hands part to the sides then lower slowly palm down, bend the knees gently.

5 - Repulse the monkey

- a) breathing in, raise the hands in front of you then left hand stretches out to the front, palm up chest level, waist turns to the right and right hand goes to the rear, palm up. Eyes focus on the right palm. Right hand raises and turns palm forward.
- b) breathing out, waist turns to the front, right hand moves forward and goes across top of left hand. Waist turns to the left and left hand pulls back to the rear, palm up. Eyes focus on the left palm.
- c) breathing in, left hand raises and turns palm forward.
- d) breathing out, waist turns to the front, left hand moves forward and goes across top of right hand. Waist turns to the right, pulls back and goes to the rear, palm up. Eyes focus on the left palm.

6 - Rowing the boat

- a) breathing in, hands, palm forward push back behind you and up above the head. During the move the hands rotate to palm forward.
- b) breathing out, lower hands in front back to the sides, sink the body down and bend the knees gently.

7 - Casting all your care upon the divine

- a) breathing in, waist turns to left, hands follow round at waist height, palm down. Right hand turns palm up and lifts to the sky. Head turns up so you are looking at the raised hand. Body raises up and right heel lifts.
- b) breathing out, right hand turns palm away and drops to waist height palm down, waist turns to the right, left hand follows round at waist height, palm down then turns palm up and lifts to the sky. Body raises up and left heel lifts.

8 - Gazing at the moon

- a) breathing in, waist turns to the left, hands follow at waist height (palms facing each other). Left hand lifts to the sky, right hand is facing the armpit. Head turns up so that you are looking at the left hand.
- b) breathing out, hands lower and follow the waist round to the right. Right hand lifts to the sky and the left hand is facing the armpit. Head turns up so you are looking at the right the hand.

9 - Pushing palms

- a) breathing in, bring both hands to the hips palm up.
- b) breathing out, turn the right hand over and push diagonally to the left front.
- c) breathing in, turn the right hand over and return to the hip and turn the left hand over.
- d) push the left hand diagonally to the right front.

10 - Cloud hands

- a) breathing in, left hand palm facing you at eye level and right hand palm down at waist level, turn your waist to the left, arms and hands will follow. Fingers should be loose and relaxed, eyes looking at left palm
- b) breathing out, waist turns to the right, arms curve round to swap places so right hand is eye level and left hand is at waist level. Feel the air flow through the fingers.

11 - Becoming one with the sea and the sky

- a) breathing in, step out with the left foot and sweep the arms out and down whilst bending the back as if scooping up water.
- b) breathing out, raise hands in front of centre line. When, hands are eye level rotate them backwards so palms are facing up.
- c) breathing in, sweep the arms out and down whilst bending the back as if scooping up water.

On the third one bring the left foot back as the arms are raising up the centre line and step out with the left foot as the arm are on their way down. On the sixth one bring the right foot back as the arm raise.

12 - Pushing the waves

- a) breathing in, lift hands to chest level, lift the left toes.
- b) breathing out, push both hands out, palms forward. Transfer weight to left foot and right heel lifts up
- a) breathing in, hands pull back, palms down. Transfer weight to right foot and lift the left toes.

13 - Flying dove spreads its wings

- a) breathing in, open arms to the sides, palms facing body. Transfer the weight to the right foot and lift the left toes.
- b) breathing out, close arms in front. Transfer weight to left foot and right heel lifts up.

14 - Punching

- a) breathing in, both hands go to the sides and for fists palm up. Legs apart further than shoulder width (Horse Riding stance).
- b) breathing out, punch with the right fist, turning to palm down. Punch is too centre body straight ahead.
- c) breathing in, draw right fist back to waist, turning to palm up.
- d) breathing out, punch with the left fist, turning to palm down. Punch is too centre body straight ahead.

15 - Flying wild goose

- a) breathing in, raise your body with heels off the ground. Arms go out to the sides up to shoulder level, fingers point to the sky.
- b) breathing out, lower body and heels. Arms lower to in front of thighs, palms facing each other, knees slightly bent.

16 - Turning the wheel of dharma

- a) breathing in, bend down forward from the waist, hands go down front of legs and finish palms facing other. Circle the hands clockwise until over the head as body raises and twists to the left and upwards, arch the body slightly backwards.
- b) breathing out, lower both arms clockwise to complete the circle as the body lowers and twists to the right, bend down from the waist.
- c) after three rotations, when the hands are at the bottom of the circle, reverse and do three in the opposite direction. After last one slowly return the body to the upright position.

17 - Bouncing the ball in the bubbling spring

- a) breathing in, move weight to left foot, raise left hand to shoulder height, raise the right knee. Bounce once by lifting and lowering the left heel. Lower the left hand and right foot.
- b) breathing out, move weight to right foot, raise right hand to shoulder height, raise the left knee. Bounce once by lifting and lowering the right heel. Lower the right hand and left foot.

18 - Balancing & storing the Chi

a) breathing in, raise hands slowly (hands holding ball of Chi) to chest height.

b) breathing out, lower hands slowly, keep hold of the Chi, bend the knees slightly.

c) after doing a & b six times, hold the ball of Chi at the lower dan tian, breath gently in then out. On the next breath in, push the Chi into the lower dan tian so one hand is over the other, breath out gently.

Breathing in, direct the Chi up the spine and to any part of the body that is not 100%, repeat three times.

Breathing in, separate the hands to the sides, breathing out moving the hands down the outside of the legs to send any excess Chi back to mother earth.

d) Relax and take a couple of deep breaths.

Recommended viewing:

<https://www.youtube.com/watch?v=ADVMFVirsjU>

Master Vivien Chao

<https://www.youtube.com/watch?v=ZysxOFCqacI>

Seated version