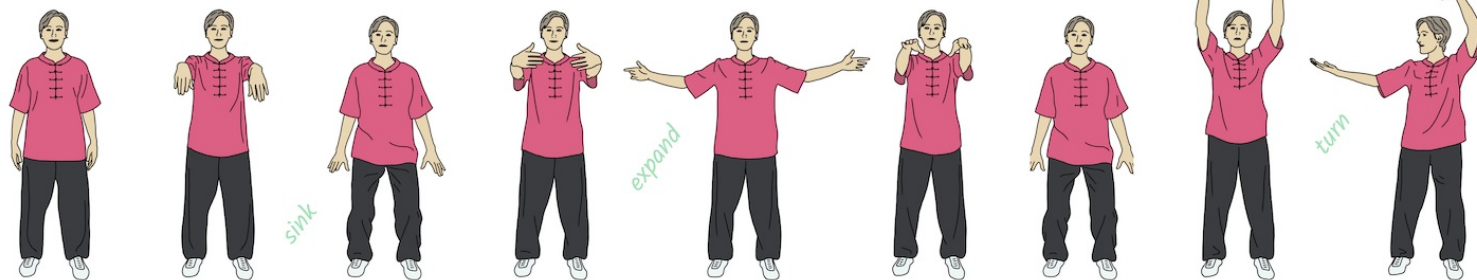


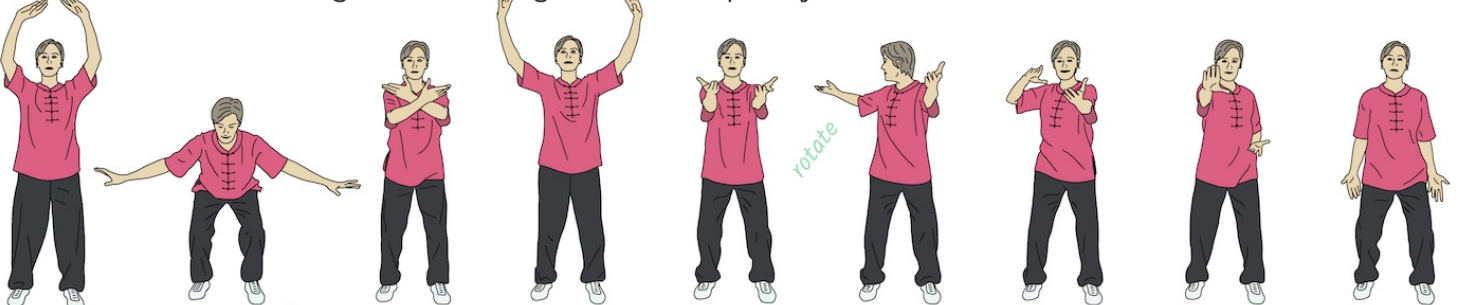
# Shibashi Qigong Set 1 *In Mirror Image*



1. Commence form and regulate breathing

2. Expand your chest

3. Paint a rainbow



4. Circle arms to separate clouds

5. Swing arms backwards

6. Row a boat...



... in the middle of the lake

7. Hold a ball in front of the shoulders

8. Turn to gaze at the moon

9. Turn waist...

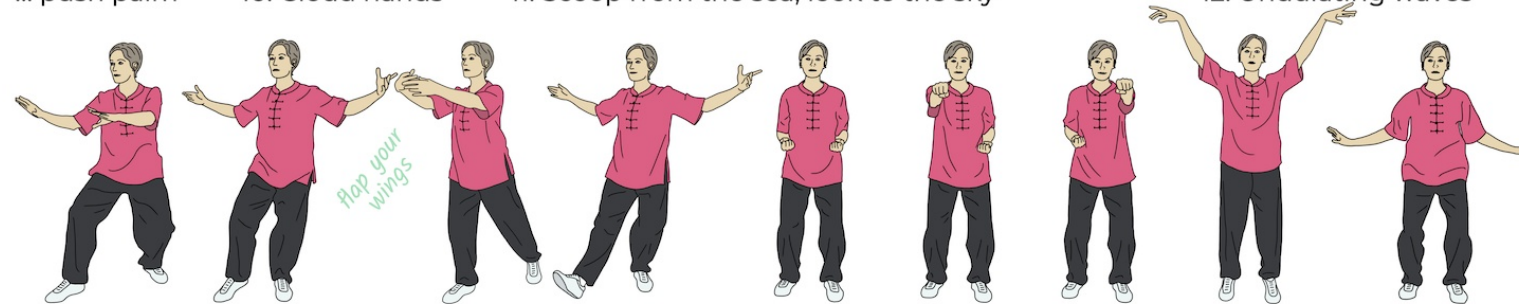


... push palm

10. Cloud hands

11. Scoop from the sea, look to the sky

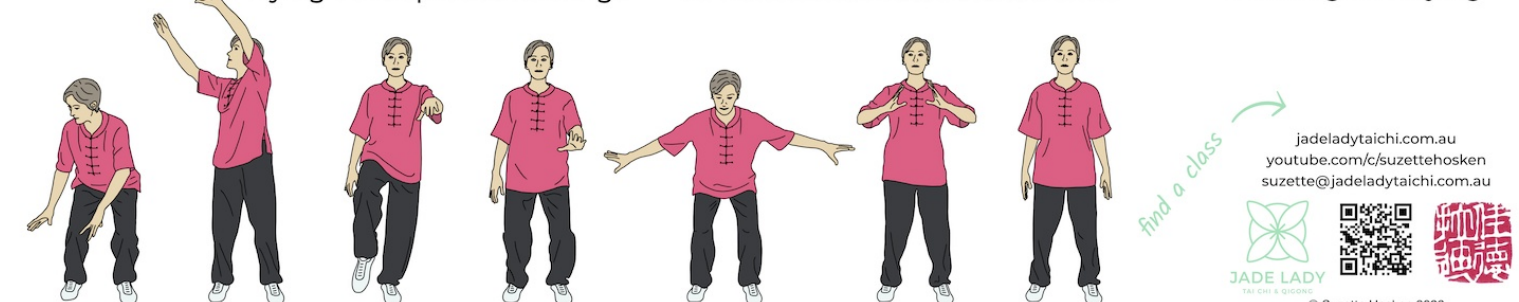
12. Undulating waves



13. Flying dove spreads its wings

14. Punch with outstretched arms

15. Wild goose flying



16. Spinning wheels

17. Bounce a ball with steps

18. Press the palms in calmness