



Qigong - Shibashi set 2

Moving in harmony with your breath

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.

1 - Commencing - Regulating the breath

Start - Bear stance with hands at sides

- a) breathing in, the arms raise in front of you, palms down shoulder width apart. As the hands reach the head the hands raise up so the palms are facing forward. Hands carry on to above the head.
- b) breathing out, hands turn out to the sides and the arms lower down the sides in an arc. Gently bend the knees.

Repeat 6 times

2 - Leading Chi along microcosmic orbit

Start - Bear stance with hands at sides

- a) breathing in, put the hands together in prayer position in front of you at the lower dan tian with fingers pointing downwards. At chest height rotate the hands so fingers point up, carry on raising the hands to the upper dan tian
- b) breathing out, hands move forwards and down in an arc to the lower dan tian, fingers pointing down. Knees should be slightly bent.

Repeat 6 times

3 - Wind that blows the willows

Start - Bear stance with hands at sides

- a) breathing in, step forward and left with the left foot, putting just the heel on the ground. Left arm raises behind you, palm down. Right hand raises in front, palm up. Eyes look at the hand behind you.
- b) breathing out, transfer weight to the left foot. Arms drop and raise so the left is in front of you palm up and the right is behind you, palms down. Eyes look at the hand behind you.
- c) breathing in, transfer the weight to the right foot and lift left toes. Arms drop and raise so the right is in front of you, palm up and the left is behind you, palm down. Eyes look at the hand behind you.

Repeat 3 times and then bring left foot in and step out with right and repeat 3 times on that side.

4 - Searching for the needle at the bottom of the sea

Start - Bear stance with hands at sides

- a) breathing in, step out with the right foot, ball of foot only on floor and leg straight. Left leg bends. Hands come to chest as if holding ball of Chi.
- b) breathing out, push the ball down the front of right leg as far as possible. Hands continue to hold ball and arc back to the chest. Right leg returns to start position.

Repeat with left leg. Repeat 3 times for each leg.

5 - Fisherman casts the net

Start - Bear stance with hands at sides

- a) breathing in, both palms face to the left and with left arm at shoulder height and right at mid chest, rotate the waist to the left, arms follow the waist.
- b) breathing out, palms turn to the right and change so right arm at shoulder height, rotate the waist to the right, arms follow the waist

Repeat 6 times

6 - Immortal points the way

Start - Bear stance, hands at Lower Dan Tian with little and ring fingers held into palm with the thumbs and the other two fingers pointing as if imitating a gun!

- a) breathing in, circle the hands clockwise to 3 o'clock position
- b) breathing out, the hands move horizontally across the body to the left whilst the left knee bends slightly and the right foot moves behind and past the left foot and just the toes and ball of the foot are on the floor
- c) breathing in, return to starting position and circle the hands anti-clockwise to 9 o'clock position
- d) breathing out, the hands move horizontally across the body to the right whilst the right knee bends slightly and the left foot moves behind and past the right foot and just the toes and ball of the foot are on the floor

Repeat so you complete 3 times each side

7 - Mischievous boy kicks

Start - Bear stance with hands on hips

- a) breathing in, weight moves to the left leg, lift right leg to Crane stance
- b) breathing out, slowly move the foot forward and down as if kicking someone on the shin
- c) breathing in, lift right leg to Crane stance
- d) breathing out, slowly move the foot back to Bear stance

Repeat on the other leg and complete 3 times for each leg

8 - Holy crane worships the moon

Start - Bear stance with hands in front of lower Dan Tian, fingers pointing toward each other and palms up

- a) breathing in, swing both arms out to the sides arcing upwards until both palms are together above head. At the same time the waist turns slightly to the right. The hands travel down the centre line to the chest and the right foot goes diagonally behind the left leg with just the ball and toes touching the ground and both knees bent
- b) breathing out, the hands move downwards and the hands and feet return to the starting position.
- a) breathing in, swing both arms out to the sides arcing upwards until both palms are together above head. At the same time the waist turns slightly to the left. The hands travel down the centre line to the chest and the left foot goes diagonally behind the right leg with just the ball and toes touching the ground and both knees bent
- b) breathing out, the hands move downwards and the hands and feet return to the starting position.

Repeat 3 times on each leg

9 - Yellow dragon pushes out with claws

Start - Riding Horse stance with hands form soft fists in front of thighs

- a) breathing in, move hands upwards to mid chest and straighten legs
- b) breathing out, push palms forward, with fingers extended forward then downwards as if scratching with claws and bend the knees slightly.

Repeat 6 times

10 - Pulling the bow to shoot the eagle

Start - Bear stance with hands at sides

- a) breathing in, hands raise in front of body to above head, right knee bends slightly and left leg is straight (Right Leopard). Head turns to look to left.
- b) breathing out, the left hand pushes out to the left side, fingers pointing upward. Right hand rotates so back of hand is just above the crown on the head
- c) breathing in, lower the hands to Lower Dan Tian and repeat on other side

Repeat 3 times each side

11 - Dragons emerge from the sea

Start - Bear stance with hands at sides

- a) breathing in, bend both middle fingers and touch with thumbs. Hands move forward and up to head height. Move the body and head back slightly.
- b) breathing out, step forward into left dragon and move body forward whilst the hands turn inward and come back to the body, touching the waist and carrying on until they are extended behind you.
- c) breathing in, lower the hands to Lower Dan Tian and return left foot to start position, repeat on other side

Repeat 3 times each side

12 - Crossing the wild blue ocean

Start - Bear stance with hands at sides

- a) breathing in, turn the right foot and body to the right and raise the hands palm out
- b) breathing out, push the hands out
- c) breathing in, pull the hands back palm down
- d) breathing out, lower the hands to waist level and turn the body to the front, at the same time straighten the right foot
- e) breathing in, turn the left foot and body to the left and raise the hands palm out
- f) breathing out, push the hands out
- g) breathing in, pull the hands back palm down
- d) breathing out, lower the hands to waist level and turn the body to the front, at the same time straighten the left foot

Repeat 3 times each side

13 - Lion playing with the ball

Start - Bear stance with hands at sides

- a) breathing in, lift the right foot and move hands to hold a ball in front, right hand on the bottom
- b) breathing out, step out diagonally to the right, raise the right hand to forehead, palm out and lower left hand and push out with it
- c) breathing in, move the right foot back and turn the left hand palm up so you are holding the ball, left hand at the bottom
- d) breathing out, step out diagonally to the left, raise the left hand to forehead, palm out and lower right hand and push out with it
- e) breathing in, move the left foot back and turn the right hand palm up so you are holding the ball, right hand at the bottom

Repeat 3 times each side

14 - Embracing the moon at the Lower Dan Tian

Start - Bear stance with hands at sides

- a) breathing in, rotate the body to the right and reach high with the hands to grab the moon
- b) breathing out, pull the moon down to the Lower Dan Tian
- c) breathing in, rotate the body to the left and reach high with the hands to grab the moon
- d) breathing out, pull the moon down to the Lower Dan Tian

Repeat 3 times each side

15 - Phoenix spreads its wings

Start - Bear stance with hands at sides

- a) breathing in, rotate the body to the right, at the same time turn the left foot to the right and raise the heel, also raise both hands at the sides as high as possible, fingers pointing up
- b) breathing out, rotate the body 180° to the left, at the same time straighten the left foot and turn the right foot to the left and raise the heel, also raise both hands at the sides as high as possible, fingers pointing up

Repeat 3 times each side

16 - Punch tiger in the ears

Start - Bear stance with hands at sides

- a) breathing in, lift the right foot and make two fists with the hands
- b) breathing out, step diagonally to the right and punch with both hands
- c) breathing in, move the right foot back and the hands back to the waist
- d) breathing out, step diagonally to the left and punch with both hands

Repeat 3 times each side

17 - Circling the Chi around the Lower Dan Tian

Start - Bear stance with hands at sides

- a) breathing in, bring your hands to Lower Dan Tian, palms down and fingers pointing toward each other
- b) breathing out, move hands in anti clockwise circle, moving hips slightly in same direction
- c) breathing in, complete the circle bringing hands back to the Lower Dan Tian

Repeat 6 times then change direction and repeat 6 times clockwise

18 - Collecting the Chi

Start - Bear stance with hands at sides

- a) breathing in, hands at your side palms facing out, raise both arms up in an arc until they are above the head with palms facing each other. At the same time you stretch body gently to be tall
- b) breathing out, the hands move down in front of the Upper Dan Tian, palms facing down and fingers pointing toward each other, continue moving down to the Lower Dan Tian. At the same time the knees bend to lower the body.

Repeat 6 times

Finish by standing with hands in front of the Lower Dan Tian, palms facing your body as if you are holding a ball. Relax your whole body and calm the mind. Hold this position for at least 5 minutes or longer

Recommended viewing:

<https://www.youtube.com/watch?v=NOENwWg3e2M>

Master Wing Cheung