

## PHOENIX T'AI CHI CENTRE

QIGONG SHIBASHI WORKSHOP    Mar 23, 2013

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This Qigong exercise was developed in China by renowned Qigong master, Professor Lin Hou-Sheng. It incorporates breath, movement and visualization, and extracts some of the best movements from Yang Style T'ai Chi, familiar to us all here at Phoenix Centre. I have enjoyed practising this set for many years, and I look forward to sharing it with you.

### BENEFITS

Tai Chi Qigong Shibashi is designed to improve the general health and wellbeing of the practitioner. The gentle rocking motions and stretching movements improve circulation and digestion. The chest exercises and controlled breathing are good for lung conditions and asthma. And the overall effect of the exercise is to reduce mental stress and physical tension carried in the muscles of the body.

### A WORD ABOUT BREATHING

The breathing is deep abdominal style, in through the nose and out through the mouth; however, I encourage you to just breath naturally, and relax with it. Let the lungs and movements work together in synchronization. Generally, breathe in on the Yin movement, and out on the Yang.

### IN GENERAL...

This workshop will be divided into 3 sections, with 2 10-minute breaks. In the last 15 minutes, I will have us go through the entire set, with music and without talking, so you can experience this as a true Movement Meditation. Don't worry if you don't get everything to-day - the pages of this handout will help you, and you can also access some very good online teaching, particularly, [www.taichi18.com](http://www.taichi18.com).

## WUJI STANCE

- Feet shoulder width apart, feeling all 9 parts of the soles of the feet in contact with the earth.
- Unlock knees and bend them slightly check to make sure you can see your toes.
- Arms dangling at sides, palms facing back.
- Breathe in, feeling the head suspended from the clouds by a silken thread, aligning the head with the spine. As you breathe out, sink your weight, being careful not to collapse your spine.
- Tongue is in contact with upper teeth and palate.
- Eggs in the armpits, peas between the fingers
- Breathe in, bringing smiling energy down into your organs. Breathe out, sinking your weight downward. Be Happy! Relax. Remain in this stance for a few minutes before beginning.



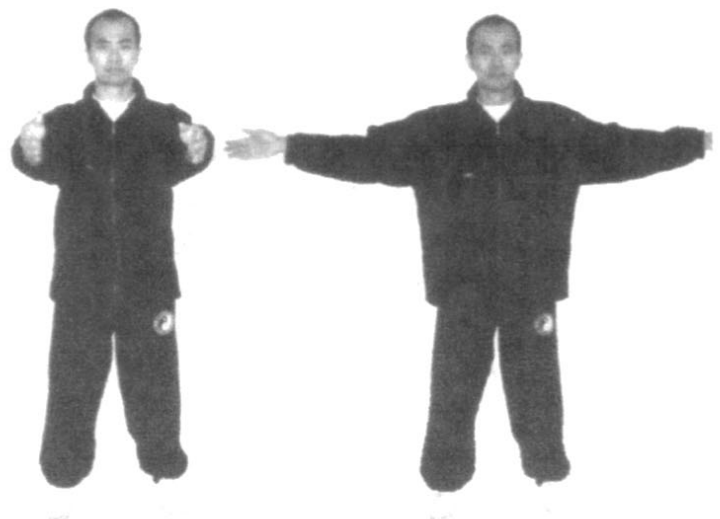
### 1. WAVING HANDS BESIDE THE LAKE

- Raise hands out in front to shoulder level, breathing in. Fingers are curved, palms face downward.
- At the same time, raise your whole body, don't lock knees.
- Lower hands as though through water, back to sides, breathing out, lowering body to beginning position. (X6)



### 2. EXPANDING CHEST ON TOP OF THE MOUNTAIN

- As in first movement, raise hands out in front to shoulder level, raising body at the same time. Turn palms to face each other, then open arms wide, to either side of the body, breathing in.
- Bring arms back to parallel position, palms facing, then turn palms downward and lower arms, as in first movement, lowering the body slightly, breathing out. (X6)



### **3. PAINTING A RAINBOW**

-Breathe in, raising body and arms. Raise arms above head, turning palms to face each other. Lower palms slightly above the head. Breathe out.

-Transfer the weight to the Right leg, bending Right knee slightly. At the same time, look Left, lowering the Left arm to shoulder height, palm up. Focus eyes on Left hand. Do NOT bend at the waist.

-Transfer the weight to the Left leg, bending knee slightly. At the same time, three things;  
a. Lower the Right arm to shoulder height, Right palm up.  
b. Raise the Left arm to curve over the top of the head.  
c. Turn head to look Right, focusing eyes on Right hand.(X3)



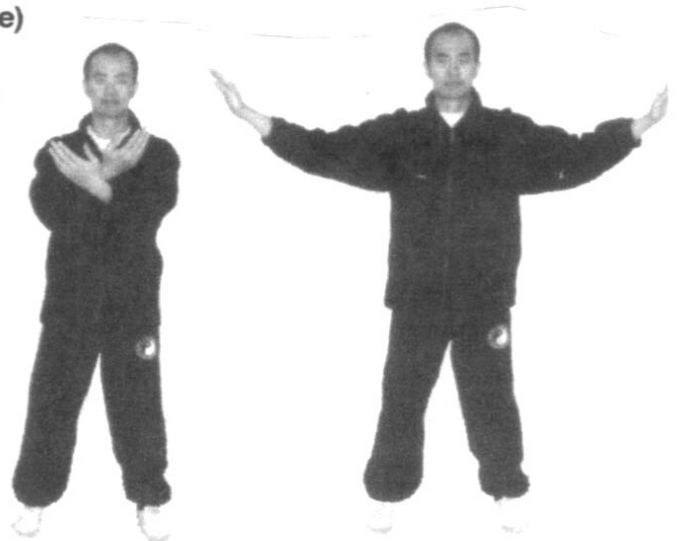
### **4. PARTING THE CLOUDS WITH HANDS (Horse Stance)**

- Bring weight back to centre, lower arms in front of body, palms facing. Turn palms up, cross wrists, Right wrist on top of Left. Turn palms face body.

- Raise hands to face level, turn palms outward, raise arms above head, raising body at the same time.

- Separate the hands, bringing arms downward at side of body, palms facing down, lowering body at the same time.

-Cross wrists again, this time Left on top of Right. Repeat X6, alternating Right and Left wrists on top.



### **5. FLOATING SILK IN THE AIR (Horse Stance)**

- Raise arms out in front to shoulder level, palms up. Bring right arm back parallel to ground, twisting at waist.

-When turned, let Right arm drop, fingers pointing down, then bend at the elbow, bringing hand to ear level. Palm front.

-Turn upper body back to centre, at the same time pushing the energy ball off the Left palm.

-Now twist body to left, bringing Left arm back, parallel to the ground. Let Left arm drop, fingers pointing down. As you bend that arm back up to bring hand to ear level, turn Right palm up.  
-Turn upper body back to centre, at the same time pushing energy ball off Right palm, with Left palm facing front. (X3)



## 6. ROWING BOAT IN THE MIDDLE OF THE LAKE (Horse Stance)

- Turn both palms downward, then lower arms to sides.
- Raise both arms over head, breathing in and raising the body. Circle arms slightly back, then up over the head. Palms are now facing front.
- Lower arms in front to slightly past the thighs, sinking body at the same time, breathing out. (X6)



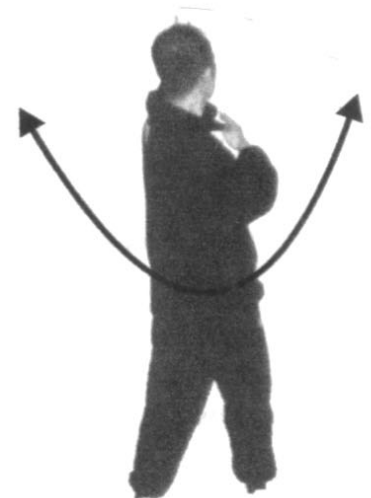
## 7. SAGE PRESENTS A PEACH

- arms at sides, knees unlocked. Turn to the Left, twisting at waist. Breathing in, extend Right arm up across the body to shoulder height, palm up, raising Right heel at the same time. Left hand is slightly behind Left thigh.
- Lower Right heel to the ground, turn Right palm down, twisting body back to centre. Lower body and breathe out. Lower the Right arm back down to thigh.
- Breathing in, extend Left hand across body to shoulder height, palm up, twisting body from the waist to the Right and raising the Left heel. Right hand is slightly behind Right thigh.
- Lower Left heel to the ground, turn Left palm down, twisting body back to centre. Lower body and breathe out. Lower the left arm back down to thigh. (x3)



## 8. TURN TO GAZE AT THE MOON

- Hold the ball (moon) in front, body lowered, knees unlocked. Twist from waist to the Left as far as possible, breathe in, raise body slightly.
- Extend Left arm 45 degrees up and toward the back. Right palm is facing Left armpit. Eyes focus on the Left hand.
- Breathing out, turn body back to centre, lowering the body and holding the ball in front again.
- Breathing in, twist from waist to the Right as far as possible, raising body slightly.
- Extend Right arm 45 degrees up and toward the back. Left palm is facing Right armpit. Eyes focus on the Right hand.
- Breathe out, turn body back to centre, lowering the body and holding the ball in front again.



### 9. WIND RUSTLES THE LOTUS LEAVES

-Bring both hands back to rest on hips, palms up. Breathe in. Raise Right palm to shoulder level, palm forward. Twist body from waist to the Left to 45 degrees, gently blowing the breath out through the mouth (rustle the leaves). Shift weight to Left 70%.

-Return the body to face forward, breathing in, and slowly turning the palm upward, to rest again on the hip.

- Raise Left palm to shoulder level, palm forward. Twist body from waist to the Right to 45 degrees, gently blowing the breath out through the mouth. Shift weight to right 70%.

Return the body to face forward, breathing in, and slowly turning the palm upward, to rest again on the hip. (X3)



### 10. WAVING HANDS IN THE CLOUDS (Horse Stance)

-Palms facing body, raise Left hand to throat level, Right hand at waist level. Breathe in, twist body from waist toward Left, arms following the turn. Eyes follow upper hand.

-Exchange position of hands. Upper palm pushes down, lower palm (Right) comes up to throat level, as body twists to the Right. Eyes follow upper hand. Breathe out. (repeat X3) Then return to centre.



### 11. SCOOPING FROM THE OCEAN AND SPLASHING THE SKY

-Place Left foot a half step forward. Transfer weight to Left foot, bend forward from the waist, at the same time bending Left knee, and bring arms down in a scooping motion towards the Left foot, breathing in.

-Cross hands over Left foot, palms facing up. Scooping up the ocean, straighten up the body, transferring weight to Right leg, and bringing crossed hands above the head.

- Breathe out forcefully through mouth, separate and circle extended arms out to sides, then down, palms facing down. Back can be very slightly arched, taking care to keep the head in line with the spine. (X6)



## 12. ROLLING WITH THE WAVES

-Bring both hands to chest level, palms facing outward, Left toe raised, weight on Right foot. Breathe in.

-Breathing out, palm push forward, transferring weight to Left foot, and raising Right heel off ground.

- Breathing in, pull hands back (over the wave) to beginning position at chest transferring the weight to the Right foot, and raising Left toe. (X6) Be playful!



## 13. WHITE DOVE SPREADS ITS WINGS

-Turn palms to face each other, weight forward on Left foot, Right heel raised off ground.

-Breathing in, open both arms out to sides (not too far), transferring weight to the Right foot (back) raising Left toe off the ground..

-Close arms to shoulder width apart, breathing out and transferring weight to the Left foot (forward), raising Right heel.(X6)



## 14.DRAGON EMERGING FROM THE SEA (Horse Stance)

-Breathe in as you bring left leg back into position, in horse stance, drawing in both hands to the sides at waist, in loose fists facing up.

-Breathe out forcefully, punching Right fist out straight ahead. As arm goes forward, turn fist palm down. (Do this slowly, with intention of strength.)

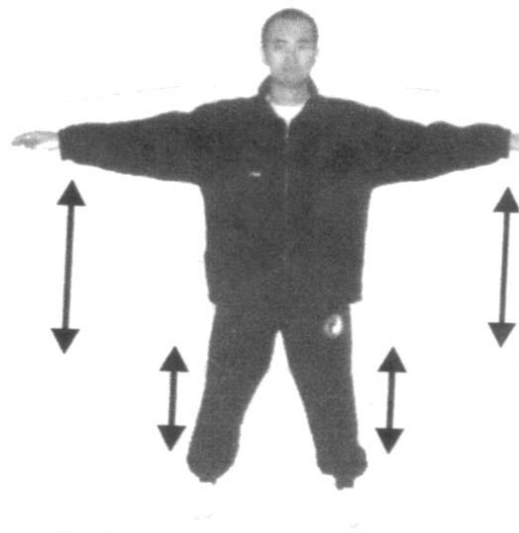
- Breathing in, pull Right fist back to the waist, turning the fist palm up.

-Repeat this sequence for Left fist. (X6).



### 15. FLIGHT OF THE WILD GOOSE

- Breathe out and lower arms to front of thighs, palms facing.
- Breathing in, raise the body, and at the same time, raise both arms out and up the sides, to head level, palms facing down and elbows slightly bent. Raise both heels off the ground.
- Breathing out, lower heels and body, both arms returning to front of thighs, palms facing, knees slightly bent.(X6)



### 16. WINDMILLS TURNING IN THE BREEZE

- Bend forward from waist, palms facing, holding large ball.
- Breathing in, circle clockwise to the left, eyes following hands, raising the ball up over the head, back arching slightly as you reach the top.
- Breathing out, continue to circle clockwise down, bending from the waist lowering ball down to original position. Don't stop, keep the circle going (X3). Pause in lowered position.
- Change direction (counter clock-wise) and repeat the movement as above. (X3)

Note - This is more a waist action than up and down, so no need to bend the knees, but keep them unlocked.



### 17. BOUNCING THE BALL IN THE SUNSHINE

- Slowly return body upright, and pause briefly.
- Breathe in, shift weight to Right foot, and raise Right hand to slightly above shoulder. At the same time, raise the Left knee till thigh is almost parallel to the ground. Bounce once on the Right heel.
- Bring Right arm down, then Left foot, toes preceding the heel.
- Transfer weight to the Left, and repeat for opposite side, breathing out. (X6)





## **18. NATURE'S FRAGRANCE DRIFTS UP**

-Arms at side, slightly out, palms facing each other.

-Scooping up the energy of the earth, breathe in, raise body, and bring palms up to head level. Then turn palms toward body.

- Breathing out, turn palms downward and lower hands to dan tien, at the same time sinking the body. Let arms drift to original position at sides.(X6)



## **CLOSING POSITION (COLLECTING HEAVENLY CHI)**

-Arms loosely at sides, turn palms out to face front. Breathing in, slowly raise the arms up at sides, palms up, to over the head. Turn palms toward the sky and pause, breathing out.

-Breathe in. On out breath, turn palms downward, and very slowly, lower the hands down to dan tien. Turn palms to face the dan tien (not touching body) and hold this position for 3 deep breaths.

