

# Tai Chi Qigong Shibashi

## Opening Position (Wuji Stance)

1. Commencing Form
2. Broadening One's Chest
3. Dancing with Rainbow
4. Circling Arms
5. Twisting Waist & Swing Arms
6. Rowing a Boat
7. Holding a Ball
8. Carrying the Moon
9. Twisting Waist & Pushing Hands
10. Playing with Clouds
11. Scooping from the Sea
12. Playing with Waves
13. Spreading your Wings
14. Punching
15. Flying like a Goose
16. Spinning Wheels
17. Bouncing a Ball
18. Pressing the Palms