

# Shibashi 2<sup>nd</sup> Set

Mr Lin Hou-Sheng and Mr He Wei Qi

- 1 - Circle Arms to Activate the Chi
- 2 - Sky Circling the Earth
- 3 - Tree Swinging in the Wind
- 4 - Searching for the Needle
- 5 - Fisherman Casting Nets
- 6 - Immortal Pointing the Direction
- 7 - Mischievous Child Lifting its Knee to Kick
- 8 - Palms Together to Meditate to the Moon
- 9 - Yellow Dragon Splits Palms
- 10 - Arrow Shooting at Target
- 11 - Double Dragon comes up from the Sea
- 12 - Water Rippling
- 13 - The Lion Plays with the Ball
- 14 - Hugging the Moon
- 15 - Phoenix Opens her Wings
- 16 - Hold Two Pearls
- 17 - Circle Chi in front of Dantien
- 18 - Press Palms