

Taiji Qigong Shibashi: Benefits of Each Movement:

1. Raising the Arms
Improves conditions related to the heart and liver and high blood pressure.
2. Opening the Chest
Improves conditions related to the heart, lungs and nervous system.
3. Painting a Rainbow
Relieves back pain and decreases the fat around waist.
4. Separating the Clouds
Relieves shoulder pain and boosts stamina.
5. Rolling the Arms in a Horse-riding Stance
Relieves shoulder, elbow and wrist pain and improves conditions related to the lungs.
6. Rowing a Boat in the Middle of a Lake
Helps the digestive system and increases mental clarity.
7. Carry Ball in Front of the Shoulders
Improves conditions related to the kidney and increases spiritual energy.
8. Looking at the Moon
Helps digestion, improves conditions related to the stomach and spleen and increases weight loss.
9. Pushing with the Palms
Helps digestion, improves conditions related to the stomach and spleen, strengthens waist and boosts stamina.
10. Cloud Hands in a Horse-riding Stance
Helps digestion, improves conditions related to the nervous system and increases spiritual energy.
11. Scooping the Sea and Looking at the Horizon
Improves conditions related to the kidney and stomach, increases weight loss and relieves waist and leg pain.
12. Pushing Waves
Improves conditions related to spleen, liver and lungs and decreases the instances and severity of insomnia.
13. Flying Dove Spreads its Wings
Improves conditions related to the heart, liver, lungs and nervous system.
14. Punching in a Horse-riding Stance
Increases lung capacity, improves conditions related to the lungs, nervous system, and decreases the instances and severity of insomnia.
15. Flying Wild Goose
Relieves anxiety and headaches.
16. Rotating Wheel
Promotes blood circulation, boosts stamina, increases weight loss and relieves waist and leg pain.
17. Stepping Whilst Bouncing a Ball
Improves body coordination; decreases the instances and severity of insomnia and fatigue.
18. Balancing Chi
Improves conditions related to the heart, stomach, high blood pressure and calms the mind.

Based on Professor Lin's book *Tai Chi Qigong Shibashi*. While Shibashi does bring with it numerous health benefits remember, it is not a replacement for any treatments prescribed by your medical doctor.