

Shibashi – I

1. Raising the Arms
2. Opening the Chest
3. Painting a Rainbow
4. Separating the Clouds
5. Rolling Arms in a Horse Riding Stance
6. Rowing a Boat in the Middle of a Lake
7. Supporting a Ball in Front of the Shoulders
8. Gazing at the Moon
9. Turning Waist and Pushing Palm
10. Clouds Hands in a Horse Riding Stance
11. Scooping the Sea and Looking at the Horizon
12. Pushing the Waves
13. The Flying Dove Spreads its Wings
14. Punching in Horse Riding Stance
15. The Flying Wild Goose
16. The Rotating Flywheel
17. Stepping and Bouncing the Ball
18. Balancing Chi to Close

Go as far as comfortable for yourself but never stress or strain!!

Relax and sink weight to feet, keep head and spine upright, but without strain.
The face and chest remain relaxed. Clear the mind of all intruding thoughts.
Never lift one foot to take a step until balance is firmly established on the standing foot. Breathe naturally through your nose; do not hold your breath.

