

SHIBASHI 'X'

- 1. WILLOW TWISTING IN THE BREEZE.**
- 2. REACHING FOR THE HEAVENLY STARS**
- 3. BIRD OF PARADISE UNFURLS ITS WINGS**
- 4. SPIRALING LOTUS IN HORSE STANCE**
- 5. BRUSH PALM TO HIGH PAT THE HORSE**
- 6. BRUSH PALMS TO PRESS AND PUSH**
- 7. BRUSH PALM TO SINGLE WHIP**
- 8. GRASSHOPPER LEAPS AT THE MOON**
- 9. DANCE OF THE BLACK SWAN – HEEL**
- 10. DANCE OF THE BLACK SWAN - TOE**
- 11. LIFT VASE BY NECK AND PRESS LOG INTO WATER**
- 12. GRASSHOPPER REARS UP ON TIP TOES**
- 13. PRANCING GRASSHOPPER**
- 14. BLACK BEAR LIFTS ROCK**
- 15. ROW BOAT WITH DOUBLE PADDLE**
- 16. BRUSH KNEE**
- 17. PLAY THE LUTE**
- 18. SETTLE THE QI**

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.

