

SHIBASHI 18 & 8 BROCADES

SHIBASHI 18 MOVEMENTS

1. Commencement
2. Broadening the Chest
3. Painting Rainbows
4. Circling the Arms to Part the Clouds
5. Pushing to the Diagonals
6. Rowing the Boat on the Lake
7. Lifting a Ball
8. Carrying the Moon
9. Twisting Waist and Swinging Arms
10. Wave Hands Like Clouds
11. Scooping up the Sea and Looking at the Sky
12. Playing with Waves
13. Flying Dove Spreads its Wings
14. Punching
15. The Flying Goose
16. Spinning Windmills
17. Bouncing a Ball with Steps
18. Returning the Qi to the Earth

8 BROCADES

1. Two Hands Lift up the Heavens
to Regulate Triple Burners
2. Drawing the Bow Left and Right
3. Separate Heavens and Earth
to Stimulate Spleen and Stomach
4. Wise Owl Gazes Backwards
to Reduce Tiredness and Injury
5. Sway the Head and Shake the Tail
to Reduce Heart Fire
6. Two Hands Hold the Feet
to Strengthen the Kidneys and Waist
7. Clench the Fist and Glare Fiercely
to enhance Strength
8. Bouncing to the Toes 7 Times
to Eliminate Illness