

**Tai Chi**  
**QiGong**  
**Shibashi**  
**LEVEL I**

**Instruction Manual**

## Opening Position (Wuji Stance)



*www.fotomoments.com*

Stand with your feet well-planted, shoulder-width apart and parallel on the floor  
Toes pointing to the front  
Ground yourself in bringing your attention to your feet  
Keep your body as still and quietly as you can  
Knees slightly bent, not locked  
Observe how your body aligns itself with gravity  
Position the pelvis with a sense of ease  
Become aware of your spine, the largest structure in your body  
This starts a process of bringing your spine into a higher state of health  
Arms hanging on the side of your body  
Your eyes slightly open, looking forward  
Palms facing your thighs  
Fingers slightly spread  
Relax your whole body  
Relax your mind  
Reconnect with your breath  
Remain in this posture for a few minutes  
Bring an inner smile onto your face



Photo provided courtesy of Wikimedia Commons.

## Visualization

Create in your mind surrounded by a kelp forest.

Recognise  
yourself being part of a  
magnificent  
and  
unique  
three-dimensional habitat for marine organisms underwater.

Bring your attention to the quality of water,  
the quality of flow  
and  
buoyancy  
for an upright position in the water column.

Imagine yourself as the kelp,  
grounded,  
centered,  
and floating.

*“Because of your smile,  
you make life more beautiful.  
- Thich Nhat Hanh*

## 1. Commencing Form



[www.fotomoments.com](http://www.fotomoments.com)

Raise arms to shoulders:

- Turn palms to face backwards
- Fingers point downwards and slightly curved
- Breathe in
- Raise body from the centre
- Draw arms up to shoulder height and width
- Palms face down
- Elbows and wrists are slightly bent

Return arms to sides:

- Turn palms to face forwards
- Fingers point upwards and are slightly curved
- Breathe out
- Sink body down with knees slightly bent
- Draw arms down to thighs
- Palms face out to backwards

Repeat 6 times.



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### Visualization

Stay aware of your breathing,  
watching  
it  
in a non-judgemental way.

Belly breathing  
slows down and relaxes  
the mind,  
Becoming  
deeper and more efficient  
and as a result of this,  
your diaphragm is able to sink in further,  
giving more space to the lungs  
and massaging the vital organs in a  
soft way.



## 2. Opening the Chest



*www.fotomoments.com*

Raise arms to your shoulders:

- Breathe in slowly, smoothly, deeply & gently
- Raise your body
- Draw arms up to shoulder height and width
- Elbows and wrists slightly bent
- Palms are facing downward to the earth

Open arms out:

- Turn your palms to face each other
- Draw hands away from each other
- Arms comfortably extended to the sides
- Keep elbows slightly bent

Close arms in:

- Turn your palms to face each other
- Breathe out slowly, smoothly, deeply & gently
- Draw hands together until shoulder width apart

Return arms to the sides:

- Turn your palms downwards to face the earth again
- Fingers upwards and slightly curved
- Sink your whole body down with knees slightly bent
- Draw arms down to thighs

Repeat 6 times.



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### **Visualization**

Visualize yourself  
opening your heart.

Open your heart to relax  
and let your treasure chest open.

Imagine your jewels shining,  
your precious Self ready  
to be present,

NOW

centered  
and loving.

Warm Love connecting to the Golden Sun

*“Keep your face  
to the sunshine  
and  
you cannot see  
a shadow”.*

*-Helen Keller*

### 3. Dancing with Rainbow



[www.fotomoments.com](http://www.fotomoments.com)

Raise arms over your head:

- Breathe in
- Raise your body
- Draw arms straight up extended
- Turn your palms to face each other

Turn to your left:

- Transfer your body weight to your right leg
- Keep your knees slightly bent
- Extend your left arm out to left side at shoulder height
- Left palm is up
- Turn your head to the left
- Eyes focus on extended left palm
- Slightly curve your waist over towards the extended palm
- Curve your right arm over your head
- Right palm faces down above the highest point of your body, your crown point, Bai Hui

Turn to your right:

- Breathe out
- Transfer your body weight to your left leg
- Keep your knees slightly bent
- Extend your right arm out to right side at shoulder height

- Right palm is up
- Turn your head to the right
- Eyes focus on extended right palm
- Slightly curve your waist over towards the extended palm
- Curve your left arm over head
- Left palm faces down above the Bai Hui, Heaven's Door

Repeat 6 times.



© In The Snow Dancing With Rainbow People  
[www.dhconcerts.wordpress.com](http://www.dhconcerts.wordpress.com)

### **Visualization**

Picture you dancing, dancing with a rainbow.

Visualize  
 your hands drawing the circular shape of a rainbow,  
 in front of you,  
 from left to right.

Allow  
 for the flow to arise.

Shifting your weight.

Effortlessly.

The dance of life to be treasured.



## 4. Separating the Clouds



[www.fotomoments.com](http://www.fotomoments.com)

Cross forearms:

- Turn your palms upwards, facing the sky
- Fingers facing front

Raise palms:

- Breathe in as you go upwards
- Raise your body slightly
- Raise your arms until palms reach the chest level

Turn palms outwards:

- Keep your wrists crossed
- Turn your palms to face downwards
- Raise your arms above your head

Separate your hands:

- Breathe out as you go downwards
- Draw your hands apart
- Arms extended up and out
- Keep your shoulders relaxed

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

## Visualization

Contemplate yourself surrounded by clouds.

Magnificent,  
Light,  
Airy,  
Soft  
And  
Fluffy clouds.

Or maybe they are  
Dark  
and  
Grey,  
Heavy clouds.

Imagine  
separating the clouds  
and  
creating a space to look through them.

You can see the bright blue sky behind, again.

The sun is always there behind the clouds.

*"Every decision  
I  
make  
is a choice between a grievance and a miracle.  
I  
relinquish  
all regrets, grievances and resentments  
and  
choose the miracle."*

*- Deepak Chopra*

## 5. Twisting Waist & Swinging Arms



[www.fotomoments.com](http://www.fotomoments.com)

Turn palms facing up and raise your arms until shoulder level

Turn to right:

- Turn your body from your waist towards the right
- Keep your knees slightly bent
- Breathe in
- Draw your right arm down to the side
- Elbows and wrists are slightly bent

Arc backwards to the right:

- Draw right arm up in an arc behind your body
- Palm tip at ear height
- Turn right palm to face the front

Push right palm:

- Turn your body from your waist back to center
- Breathe out
- Push right hand over left palm
- (note palms cross in line with center of chest)
- Draw your left arm towards your body
- Turn right palm so that it faces upwards

Turn to left:

- Turn your body from your waist towards the left
- Keep your knees slightly bent
- Breathe in
- Draw your left arm down to the side
- Elbows and wrists are slightly bent

Arc backwards to the left:

- Draw left arm up in an arc behind your body
- Palm tip at ear height
- Turn left palm to face the front

Push left palm:

- Turn your body from your waist back to center
- Breathe out
- Push left hand over right palm
- (note palms cross in line with center of chest)
- Draw your right arm towards your body
- Turn left palm so that it faces upwards

Repeat 3 times.



Photo provided courtesy of Wikimedia Commons.

## Visualization

Bring your  
intention and attention  
to the movement.

Imagine every minute movement as a whole.

A whole orchestra  
and  
you are the conductor,  
you are the leader,  
The inspirer  
Of your whole body.

Bring the image of what  
Harmony  
would look like.

Your body is a conduit or a channel of energy.  
Receiving and Giving.  
Accepting and Letting go.

with every breath



## 6. Rowing a Boat



[www.fotomoments.com](http://www.fotomoments.com)

Raise arms over your head:

- Pull both arms back
- Palms facing out
- Breathe in
- Raise your body
- Draw arms up extended above head
- Elbows slightly bent
- Palms facing out to the front

Return arms to sides:

- Breathe out
- Fingers upwards and slightly curved
- Sink body down; knees slightly bent
- Draw arms down to thighs
- Palms facing out

Repeat 6 times.



### **Visualization**

Imagine yourself rowing your boat.  
Your own boat.

What colour is your boat?

What kind of boat is it?

Are you rowing with the flow of the water?

Or are you going against the flow?

What can you do?

Just relax,  
breathe the freshness of the air  
and let the  
unfolding  
of life happen spontaneously.

## 7. Throwing a Ball



[www.fotomoments.com](http://www.fotomoments.com)

Turn left:

- Turn your body from your waist towards the left
- Breathe in
- Extend your right arm up until shoulder height
- Crossing the midpoint of your body
- Right palm facing upwards towards the sky
- Raise your heels

Lower heels:

- Lower your heels to the floor
- Breathe out
- Turn the right palm downwards towards the earth
- Sink your body down with knees slightly bent
- Turn your body again from your waist back to center
- Draw right arm down to your thigh

Turn right:

- Turn your body from your waist towards the right
- Breathe in
- Extend your left arm up until shoulder height
- Crossing the midpoint of your body
- Left palm facing upwards towards the sky
- Raise your heels

Lower heels:

- Lower your heels to the floor
- Breathe out
- Turn the left palm downwards towards the earth
- Sink your body down with knees slightly bent
- Turn your body again from your waist back to center
- Draw left arm down to your thigh

Repeat 6 times

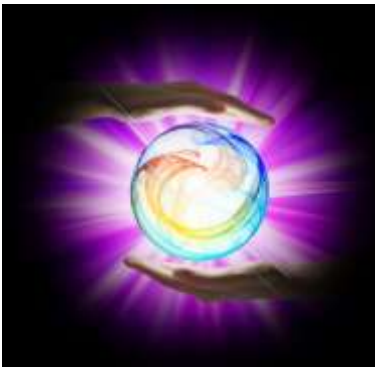


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### **Visualization**

How far are you willing to let go of the ball?

Imagine the ball  
That you are throwing  
Intentionally  
Willingly  
Far away

Let your mind contemplate unlimited boundaries.



## 8. Gazing at the Moon



[www.fotomoments.com](http://www.fotomoments.com)

Imagine that you have a big balloon between your hands and you turn to look at the moon over your shoulder and then you lower and turn to look over the other shoulder.

### Turn left:

- Breathe in
- Raise your body slightly
- Turn your body from your waist towards the left
- Extend both arms up and towards the left
- Keep elbows slightly bent
- Relax shoulders, elbows and wrists
- Turn your head to look at your left palm

### Face front from left:

- Breathe out
- Turn your body from your waist back to center
- Sink body down with knees slightly bent
- Draw your arms down, across the center and front in line with thigh
- Palms facing each other hip width apart

### Turn right:

- Breathe in
- Raise your body slightly
- Turn your body from your waist towards the right
- Extend both arms up and towards the right
- Keep elbows slightly bent
- Relax shoulders, elbows and wrists
- Turn your head to look at your right palm

### Face front from right:

- Breathe out
- Turn your body from your waist back to center
- Sink body down with knees slightly bent
- Draw your arms down, across the center and front in line with thigh
- Palms facing each other hip width apart

Repeat 3 times.



Photo provided courtesy of Wikimedia Commons.

## Visualization

To gaze at the moon  
Mystery  
Moving  
Ah ... you can throw the ball so far away  
It became the  
Moon.

This is how far our minds can go.  
Unlimited distance  
Really  
Our minds are so powerful  
And healing  
Just imagine  
The moon  
The reflection of ourselves of  
A mirror  
And  
A recognition of the  
Forces of nature

## 9. Twisting Waist & Pushing Hands with your Energy Ball

Draw palms to your centre, right hand on the top, palm facing the Earth and left hand, on the bottom, facing the Heavens, forming your energy ball.

Push to the left:

- Turn your right palm facing forwards
- Breathe out
- Push your right hand to left at 45 degree and up to chest level

Return to centre:

- Turn your right palm
- Turn your body from your waist back to centre
- As you breathe in turn your palms
- Draw your right hand to your waist
- Right palm facing the Heavens
- Left palm facing the Earth

Push to the right:

- Turn your left palm facing forwards
- Breathe out
- Push your left hand to right at 45 degree and up to chest level

Return to centre:

- Turn your left palm
- Turn your body from your waist back to centre
- As you breathe in turn your palms
- Draw your left hand to your waist
- Left palm facing the Heavens
- Right palm facing the Earth

Repeat 6 times.

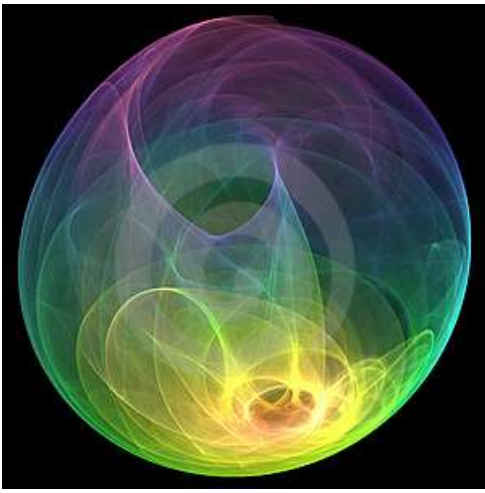


Photo provided courtesy of Wikimedia Commons.

## **Visualization**

Imagine holding your energy ball in front of you  
Bring your attention  
Into this space  
Create a mental image of the ball.

What colour is it?

What size?

A stretchable textile perhaps?

Become  
Aware  
of the energy between your hands.

Between the centre points of your hands.

And open your senses to the vibration

The vibration of chi  
Flowing  
Moving  
Fluid and  
Changing.



## 10. Playing with the Clouds



[www.fotomoments.com](http://www.fotomoments.com)

Raise left arm to the level of your face, your palm facing the body.  
Drop right hand to your waist level, your palm facing the body.

Turn to the left:

- Turn your body from your waist towards the left
- Breathe in
- Allow your arms to follow the turn

Switch positions of your arms:

- Raise your right arm to the level of your face, your palm facing the body
- Drop your left hand to waist level, your palm facing the body
- Keep your elbows slightly curved

Turn to the right:

- Breathe out
- Turn your body from your waist towards the right
- Allow your arms to follow the turn

Switch positions of your arms:

- Raise your left arm to the level of your face, your palm facing the body
- Drop your right hand to waist level, your palm facing the body
- Turn to left again

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

## **Visualization**

Playing  
Again  
Again  
With one hand  
Then another  
Continuously

Imagine playing with clouds.

Bringing appreciation to our hands.  
Connected to our whole body.

Feelings of Gratitude  
Towards our body.

Conserving Energy  
For Longevity.

Cultivating  
Vitality.

Expressions of Life.

(Ocean 3 part series (11.Scooping from the Sea, 12.Playing with Waves, & 13.Spreading your Wings) –  
Left side first, then Right side of the body)



[www.fotomoments.com](http://www.fotomoments.com)

**LEFT foot half step forward**

### **11. Scooping from the Sea**

Bend forward to the left:

- Transfer weight to left foot
- Bend at waist drawing both arms downwards and towards left knee
- Cross hands over left knee
- Palms face upwards
- Top of the head aligns with left foot

Scoop up:

- Transfer weight to right leg
- Gradually straighten body upright
- Breathe in
- Bring crossed palms up above your head

Separate hands:

- Separate and extend arms out and down
- Palms face the ground
- Breathe out

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

## Visualization

Scoop into the Ocean

Deeply  
Intentionally

The blue water of the ocean.

Reach out for the crystal clear water  
with  
No resistance.

Let the sensation of the water flow from your hands,

You can almost see the water  
Evaporating  
and  
Becoming the clouds  
and  
Touching the sky.

Allow the rain cleanse your whole body.

And remember this is the cycle in nature  
You are part of nature

Circular  
Never ending  
And  
No beginning

With the rhythm of the Ocean



## 12. Playing with/Pushing the Waves



[www.fotomoments.com](http://www.fotomoments.com)

Push hands:

- Place both hands at chest level
- Palms face the ground
- Push both hands out
- Palms facing out
- Transfer weight to left foot
- Right heel leaves the ground
- Breathe out

Pull hands back:

- Palms face the ground
- Pull back both hands to chest level
- Breathe in
- Transfer weight from left foot to the right foot
- Left heel is the only part of the left leg that is touching the ground

Repeat 12 times.





Photo provided courtesy of Wikimedia Commons.

## Visualization

Imagine yourself  
Creating  
The vital force of the wave  
Within you

Bring this sensation into your body

Feel the vibration  
Of the wave

Become  
The  
Wave

Breath in  
Let the  
Air  
Flow  
Through from the bottom of your feet  
The K1  
Bubbling Springs

Allow the flow enter your whole body

Flowing through  
Your legs  
Your center

Flowing through your arms  
And  
Out from your palms  
The center  
Of your palms

Allow the rhythm  
Of the wave  
Into  
Your whole body

You are the Wave

Emerging  
Slowly  
Energetically  
Created  
Well formed  
And Rounded  
To crash onto the Beach.

And to continue Again  
Never ending  
Wave

### 13. Spreading your Wings



[www.fotomoments.com](http://www.fotomoments.com)

With both arms extended out from the last move, turn palms to face each other

Open arms:

- Open both arms
- Transfer weight to left foot
- Right heel is the only part of the right foot that is touching the ground
- Breathe out

Close arms:

- Close arms until shoulder width apart
- Transfer weight from left foot to the right foot
- Left heel is the only part of the left leg that is touching the ground
- Breathe in

Repeat 12 times.



## **Visualization**

Open your wings  
Spread them  
Gently  
and  
Willingly

To explore  
To see new horizons  
New points of view

New solutions enter the mind

Expand your awareness  
Your consciousness

Your potential

Your potential of being

The ultimate gift

Of life itself.

## **Back to center**

### **RIGHT foot half step forward – For Balance**

#### **11. Scooping from the Sea**

Bend forward to the right:

- Transfer weight to right foot
- Bend at waist drawing both arms downwards and towards right knee
- Cross hands over right knee
- Palms face upwards
- Top of the head aligns with right foot

Scoop up:

- Transfer weight to left leg
- Gradually straighten body upright
- Breathe in
- Bring crossed palms up above your head

Separate hands:

- Separate and extend arms out and down
- Palms face the ground
- Breathe out

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

## 12. Playing with/Pushing the Waves

Push hands:

- Place both hands at chest level
- Palms face the ground
- Push both hands out
- Palms facing out
- Transfer weight to right foot
- Left heel leaves the ground
- Breathe out

Pull hands back:

- Palms face the ground
- Pull back both hands to chest level
- Breathe in
- Transfer weight from right foot to the left foot
- Right heel is the only part of the right leg that is touching the ground

Repeat 12 times.



Photo provided courtesy of Wikimedia Commons.



### 13. Spreading your Wings

With both arms extended out from the last move, turn palms to face each other

Open arms:

- Open both arms
- Transfer weight to left foot
- Right heel is the only part of the right foot that is touching the ground
- Breathe out

Close arms:

- Close arms until shoulder width apart
- Transfer weight from left foot to the right foot
- Left heel is the only part of the left leg that is touching the ground
- Breathe in

Repeat 12 times.

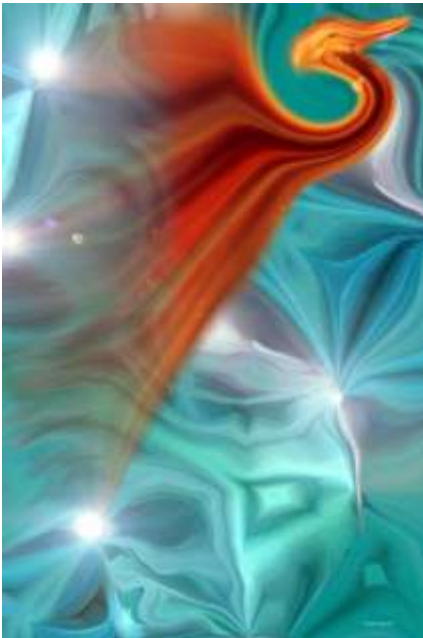


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## 14. Reaching out for what you need



*www.fotomoments.com*

Bring your right leg back to its original position (back to centre) and draw in both fists to the waist, making sure that your thumb is placed on top/side of your hands.

Left punch out:

- Breathe out
- Punch out to your chest level
- As you punch turn your fist-palm down to reach out for more of what you would like to manifest in your life

Pull left fist back:

- Breathe in'
- Draw your left fist back to your waist
- As you pull back turn your fist-palm up

Right punch out:

- Breathe out
- Punch out to your chest level
- As you punch turn the fist-palm down to reach out for more of what you need

Pull right fist back:

- Breathe in'
- Draw your right fist back to waist
- As you pull back turn the fist-palm up

Repeat 6 times.



## **Visualization**

Centering  
And  
Grounding

Your Self

Reach out for what you would like to experience  
more in your life

Love  
Peace  
Joy  
Harmony  
Community  
Health  
Freedom

Etc...

## 15. Flying like a Crane



[www.fotomoments.com](http://www.fotomoments.com)

Raise heels:

- Breathe in
- Raise body
- Raise both arms until slightly above shoulder level
- Palms face the ground
- Elbows slightly bent
- Raise both heels weight on the ball of each foot

Lower heels:

- Breathe out
- Lower heels to the ground
- Sink body
- Curve both arms downwards

Repeat 6 times.



Photo provided courtesy of Wikimedia Commons.

### Visualization

Imagine spreading your wings  
With such freedom and delight  
No worries  
No regrets  
Free  
To BE



## 16. Spinning Wheels



[www.fotomoments.com](http://www.fotomoments.com)

Circle clockwise up:

- Keep your arms shoulder width apart
- Bend down
- Breathe in
- Raise body by twisting to the left
- Raise arms until above the head
- Tilt body backward

Circle clockwise down:

- Lower both arms on the right side
- Breathe out
- Lower body by twisting to the right
- Bend down to original position, the center

Repeat 3 times

Repeat 3 more times in the opposite direction (counter-clockwise)



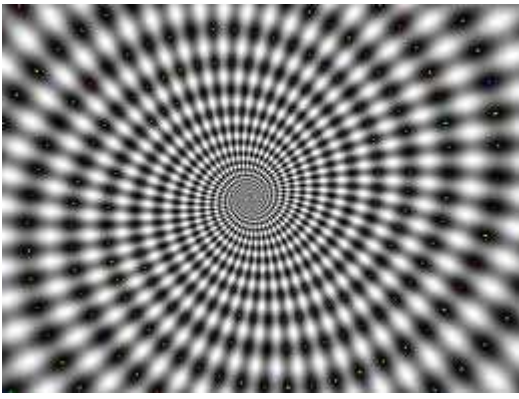


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## Visualization

Circles  
And  
More circles

Circular  
Motion

Imagine Your Self  
In a form  
Boundless  
Unlimited

Like water

Surrounding

The elements  
Encountered

From left to tight

Allow all your pathways to free flow

## 17. Bouncing the Ball



*www.fotomoments.com*

Raise body and bring arms to sides of the body

Right bounce up:

- Shift the weight to right foot
- Breathe in
- Raise right arm to chest height
- Raise left knee until parallel with ground
- Bounce once on the right foot

Right bounce down:

- Bring down right arm
- Put left toes down then left heel down
- Breathe out

Left bounce up:

- Shift the weight to left foot
- Breathe in
- Raise left arm to chest height
- Raise right knee until parallel with ground
- Bounce once on the left foot

Right bounce down:

- Bring down right arm
- Put left toes down then left heel down
- Breathe out

Repeat 6 times.

## 18. Showering Chi



[www.fotomoments.com](http://www.fotomoments.com)

Raise chi:

- Breathe in
- Raise body
- Turn palms facing upwards
- Gently raise arms up until palms facing your nose

Ground chi:

- Breathe out
- Turn palms downwards
- Draw arms down to waist level
- Sink body

Repeat 6 times.

References:

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Summer, Ged. *You are how you move : experiential chi kung*, London : Singing Dragon, 2009

Sifu Wing Cheung : [www.taichi18.com](http://www.taichi18.com)

To download, go to [www.qigongenergywork.wordpress.com](http://www.qigongenergywork.wordpress.com)