

Tai Chi Qigong Shibashi (2nd Set): Instruction Manual

By Master Wing Cheung

Supplementary material for the Tai Chi Qigong Shibashi video
(Video available at www.taichi18.com)

Feel free to share this instruction manual with those in need and those you love.

Please read carefully to maximize the benefit of this qigong

Where to practice: This type of qigong can be practiced indoors and outdoors. A quiet and peaceful environment should be chosen with good air circulation. Avoid practicing outside at times of severe weather such as thunderstorms or days with high smog alerts and strong winds.

Breathing: The type of breathing we will be doing throughout this qigong exercise is called abdominal breathing. You inhale through your nose and exhale through your mouth. It is deep breathing using the full extent of your lung capacity. It is called abdominal breathing because the movement of your diaphragm will expand your lower abdomen during the inhale and contract your lower abdomen during the exhale.

How to start: You should begin by practicing the first 3 movements. When these 3 movements have been mastered, proceed onto practicing the next 3 movements in addition to the first 3 that you have just mastered. There are [wall charts](#) which display all the movements of this qigong. They are excellent tools to help you remember the 18 movements and their sequence.

The movements of the 2nd set are more physically demanding than the 1st set. You should never force yourself to perform any movements that you find difficult, just try your best and do them slowly. It is recommended that you perform the 1st set, as a warm up, before the 2nd set. However, if you wish to practice the 2nd set alone, then you should do some warm up exercises beforehand.

The [Home Study Course](#) includes a set of warm up exercises and proper closing techniques. The 2nd set is more focused on opening the meridians of the legs. It is very good for improving your balancing ability. It is also an especially good preparation if you wish to practice Zhan Zhuang (standing qigong). I will talk more about this type of qigong on my newsletter. To make sure that you do not miss my newsletters, please add taichi18.com to your safe senders list.

To achieve maximum results and health benefits from this qigong, I also recommend that you take a herbal supplement called Intra. According to traditional Chinese medical theory, there are 8 elements that affect our bodies. These 8 interrelated elements are: yin/yang; heat/cold; outer/inner and vague/solid. We are healthy if they are in balance. Intra is a precise formulation of 23 botanical extracts in a fruit juice base designed to balance these 8 elements. Many call it the edible qigong because the theory behind intra is similar to many qigong exercises. For more information please visit www.intraherbal.com

I'm sure you will benefit from this qigong. Just follow the instructions and practice regularly.

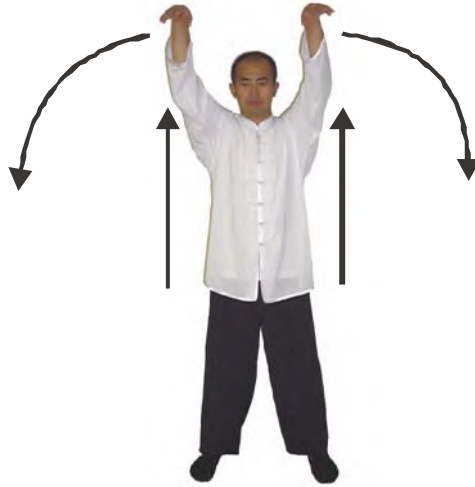
Stay happy & healthy,
Sifu Wing Cheung

Begin in Wuji Stance



- Stand with feet shoulder width apart
- Arms hang down
- Palms face in to thighs
- Slightly tuck in the chin
- Relax the whole body
- Knees slightly bent
- Clear the mind
- Remain in this posture for a few minutes

1. Regulating the Qi



A. Slowly breathe in while you:

- Slightly extend your hands in front of your hips, palms facing down.
- Raise your arms forward with palms facing downward at first; then facing forward and then upward when hands are above your head
- Straighten the knees

B. Slowly breathe out while you:

- Rotate palms (over your head) to face outward
- Bend your knees to about 150° but make sure they do not go beyond the toes
- Move hands outward, in arcs, palms facing out; then down until hands are back in front of hips.

Repeat A-B 6 times

2. Moving the Qi along the Microcosmic Orbit



Lightly press palms together with fingertips pointing downward, with the wrists just in front of the lower dan tian.

A. While breathing in and straightening the knees:

- Raise both hands upward to chest level (solar plexus). Note: When raising hands, do not raise your shoulders.
- At solar plexus, rotate hands to point upward; continue moving them upward to upper dan tian.

B. While breathing out and bending knees:

- Push both hands forward and downward in an arc to lower dan tian. Note: Fingers should now be pointing downward; palms loosely touching.

Repeat A-B 6 times

3. Wind Blowing at the Willows



- Begin with hands at sides of body; feet side-by-side about hip width apart.
- Step forward and to the left with left leg. The heel should be the only part of left foot touching the ground.

A. As you breathe in:

- Transfer weight to right leg; bend right knee; straighten left knee.
- At the same time, reach forward and upward with right hand, palm facing upward.
Note: throughout this exercise, do not bend your elbows.
- At same time reach backward and downward with left hand, palm facing backward.

B. As you breathe out:

- Transfer weight to left leg (fully grounded); bend left knee; straighten right knee.
- At the same time, reach forward and upward with left hand, palm facing upward.
- At the same time reach backward and downward with right hand, palm facing backward.

Repeat A-B 3 times

- Step back with left leg to original side-by-side position, with hands at sides of body.
- Step forward and to the right with right leg. The heel should be the only part of right foot touching the ground.

C. As you breathe in:

- Transfer weight to left leg; bend left knee; and straighten right knee.
- At the same time, reach forward and upward with left hand, palm facing upward.
- At same time reach backward and downward with right hand, palm facing backward.

D. As you breathe out:

- Transfer weight to right leg (fully grounded); bend right knee; and straighten left knee.
- At the same time, reach forward and upward with right hand, palm facing upward.
- At the same time reach backward and downward with left hand, palm facing backward.

Repeat C-D 3 times

4. Searching for Needles in the Sea



- Begin with both hands at mid-chest level with palms facing each other and fingers pointing forward and slightly upward; feet should be side-by-side about hip-width apart.

A. As you breathe in:

- Step forward with left leg; the heel should not touch the floor; touch only with the ball of the foot and toes.
- Shift weight to right leg; bend right knee; straighten left knee

B. As you breathe out:

- Move both hands parallel and downward alongside your body; then alongside front thigh and front calf, with fingers pointing downward. Note: As your hands move down your front leg, bend forward, smoothly and evenly in spinal area and hips.
- Note: When breathing out, and moving your hands downward, visualize all the bad qi in your body moving downward and exiting deep into the ground thru the front foot.

- Return to the original position: hands at mid-chest, palms facing each other, fingers pointing forward and slightly upward, feet side-by-side about hip-width apart.

C. As you breathe in:

- Step forward with right leg; the heel should not touch the floor; touch only with the ball of the foot and toes.
- Shift weight to left leg; bend left knee; straighten right knee

D. As you breathe out:

- Move both hands parallel and downward alongside your body; then alongside front thigh and front calf, with fingers pointing downward.
- Note: When breathing out, and moving your hands downward, visualize all the bad qi in your body moving downward and exiting deep into the ground thru the front foot.

- Return to the original position: hands at mid-chest, palms facing each other, fingers pointing forward and slightly upward, feet side-by-side about hip-width apart.

Repeat A-D 3 times

5. Fisherman Casting the Net



- Begin with both hands at mid-chest level with palms facing each other and fingers pointing forward and slightly upward; feet should be side-by-side about hip-width apart. Knees should be bent (about 150°); elbows should be bent only slightly.

A. As you breathe in:

- Turn both palms to face left
- Twist waist to the left. Swing both hands leftward. Note: The left arm should be positioned slightly higher than the right arm. The left hand should finish at shoulder height; Right hand should finish at mid-chest height.

B. As you breathe out:

- Turn both palms to face right.
- Twist waist to the right. Swing both hands rightward. Note: The right arm should be positioned slightly higher than the left arm. The right hand should finish at shoulder height; Left hand should finish at mid-chest height.

Repeat A-B 6 times

6. Immortal Pointing the Way



- Begin with hands at, or slightly below hip level with palms facing each other; feet should be side-by-side about hip-width apart. Knees should be bent (about 150°); elbows should be bent only slightly.

A. As you breathe in:

- Swing both arms clockwise to draw two circles until the hands reach 3 o'clock (in effect, 6:00, 9:00, 12:00, 3:00)

B. As you breathe out:

- Form sword fingers on both hands. Note: The index and middle fingers are straight. The ring and little fingers curved in and the thumb placed on top of them.
- Move horizontally toward the left. Slightly bend the left knee. Step diagonally to the back and left, (across and behind the left leg) with the right foot. Touch the ground only with the ball of the foot and toes.
- During the horizontal movement and stepping, deliver the sword fingers directly to the left.

- Step back to the original position with hands at, or slightly below hip level with palms facing each other; feet should be side-by-side about hip-width apart. Knees should be bent (about 150°); elbows should be bent only slightly.

C. As you breathe in:

- Swing both arms counterclockwise to draw two circles until the hands reach 9 o'clock (in effect, 6:00, 3:00, 12:00, 9:00)

D. As you breathe out:

- Form sword fingers on both hands. Note: The index and middle fingers are straight. The ring and little fingers curved in and the thumb placed on top of them.
- Move horizontally toward the right. Slightly bend the right knee. Step diagonally to the back and right, (across and behind the right leg) with the left foot. Touch the ground only with the ball of the foot and toes.
- During the horizontal movement and stepping, deliver the sword fingers directly to the right.

- Step back to the original position with hands at, or slightly below hip level with palms facing each other; feet should be side-by-side about hip-width apart. Knees should be bent (about 150°); elbows should be bent only slightly.

Repeat A-D 3 times

7. Mischievous Boy Kicking his Legs



- Begin with both hands on your hips, with feet side-by-side about hip-width apart and balanced.

A. While you breathe in:

- Shift your weight to your right leg and straighten it.
- Lift your left knee so that the knee bends 90°. (The calf and foot should be hanging down.)

B. Breathe out and:

- Slowly stomp kick your left heel forward and downward, towards the floor as if to easily hit the floor with the heel.
- At the same time flex your right knee, ankle and foot to maintain balance, yet allow the left heel to almost, but not quite, touch the floor as the kick extends.

C. Breathe in and return the left leg to its original position. Breathe out as you return to the original balanced position.

D. While you breathe in:

- Shift your weight to your left leg and straighten it.
- Lift your right knee so that the knee bends 90°. (The calf and foot should be hanging down.)

E. Breathe out and:

- Slowly stomp kick your right heel forward and downward, towards the floor as if to easily hit the floor with the heel.
- At the same time flex your left knee, ankle and foot to maintain balance, yet allow the right heel to almost touch the floor, but not quite, as the kick extends.

F. Breathe in and return the right leg to its original position. Breathe out as you return to the original balanced position.

Repeat A-F 3 times

8. Holy Crane Worshipping the Moon



- Begin with feet side-by-side about hip-width apart and balanced. The hands should be in front of lower Dan Tian with fingers pointing toward each other and palms facing up,

A. As you breathe in:

- Swing both arms apart, past the sides of your body, on upward to above the head. When the hands are at upper Dan Tian level, bring the palms lightly together, fingers pointing upward.
- Beginning at the same time as the arm swing, slide the right leg backward and diagonally behind the left leg, with only the ball of the right foot and toes touching the ground

B. Breathe out, and:

- Press your palms together and move both hands downward to where your wrists are at Solar Plexus level (mid-chest). The elbows should be pointed downward, not apart.
- At the same time as moving hands downward, bend the front knee to about 105° (no less than 90°) and squat down a bit. Bend the rear knee as required to maintain balance. Do not squat all the way down.

- Straighten the knees and step back to original position

C. As you breathe in:

- Swing both arms apart, past the sides of your body, on upward to above the head. When the hands are at upper Dan Tian level, bring the palms lightly together, fingers pointing upward.
- Beginning at the same time as the arm swing, slide the left leg backward and diagonally behind the right leg, with only the ball of the left foot and toes touching the ground

D. Breathe out, and:

- Press your palms together and move both hands downward to where your wrists are at Solar Plexus level (mid-chest). The elbows should be pointed downward, not apart.
- At the same time as moving hands downward, bend the front knee to about 105° (no less than 90°) and squat down a bit. Bend the rear knee as required to maintain balance. Do not squat all the way down.

- Straighten the knees and step back to original position

Repeat A-D 3 times

9. Yellow Dragon Pushing Out with Claws



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. The hands should be made into half-closed fists in front of the thighs, or even a little lower if possible.

A. As you breathe in:

- Move both fists upward along the front of the body to Solar Plexus (mid-chest) level. At the same time, straighten both knees.

B. Breathe out, and:

- Push both palms, with fingers extended forward, out in front of chest, then, downward, as if scratching with claws. At the same time, bend both knees.

Repeat A-B 6 times

10. Pulling the Bow to Shoot the Eagle



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. The hands should be alongside the thighs, palms facing each other.

A. As you breathe in, straighten both knees and:

- Raise both hands upward, in front of the lower Dan Tian with palms still facing each other, to about forehead height.
- Shift your weight to the right leg and slightly bend the right knee and turn the head to the left side.

B. Breathe out and:

- Rotate both hands so that palms face opposite; then upward. The right hand should be above the head, palm facing upward.
- Swing and extend the left arm to left side with palm facing left and diagonally upward. Note the hand should finish just above shoulder height.

- Shift your weight back to centre with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. The hands should be alongside the thighs, palms facing each other.

C. As you breathe in, straighten both knees and:

- Raise both hands upward, in front of the lower Dan Tian with palms still facing each other, to about forehead height.
- Shift your weight to the left leg and slightly bend the left knee and turn the head to the right side.

D. Breathe out and:

- Rotate both hands so that palms face opposite; then upward. The Left hand should be above the head, palm facing upward.
- Swing and extend the right arm to right side with palm facing right and diagonally upward. Note the hand should finish just above shoulder height.

- Shift your weight back to centre with feet side-by-side about hip-width apart and balanced.

Repeat A-D 3 times

11. Twin Dragons Emerging from the Sea



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. The hands should be alongside the thighs, palms facing each other.

A. Breathe in, and:

- Bend both middle fingers to touch the corresponding thumbs
- Straighten both knees and swing both hands forward and upward until they are above your head with palms facing out. At the same time, shift the body and head backward slightly.

B. As you breathe out:

- Step diagonally forward with the left leg.
- Shift your upper body weight forward. Bend the left knee slightly and straighten the right knee. At the same time, move both arms downward and backward, below and behind the hips. Index finger of each hand should be pointing downward, with palms facing backward.

Repeat A-B 3 times

- Shift your weight back to centre with feet side-by-side about hip-width apart and balanced. The hands should be alongside the thighs, palms facing each other.

C. Breathe in, and:

- Bend both middle fingers to touch the corresponding thumbs
- Straighten both knees and swing both hands forward and upward until they are above your head with palms facing out. At the same time, shift the body and head backward slightly.

D. As you breathe out:

- Step diagonally forward with the right leg.
- Shift your upper body weight forward. Bend the right knee slightly and straighten the left knee. At the same time, move both arms downward and backward, below and behind the hips. Index finger of each hand should be pointing downward, with palms facing backward.

Repeat C-D 3 times

- Shift your weight back to centre with feet side-by-side about hip-width apart and balanced.

12. Crossing the Wild Blue Ocean



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. Place both hands at Solar Plexus (mid-chest) level with palms facing downward.

A. Breathe in, and:

- Pivot your right foot, with only your right heel on the floor, to the left; then, pivot the left foot, with only the left heel on the floor, to the left.
- Rotate the upper body 90° to the left and shift your weight to the right leg while bending the right knee.
- At the same time, bend both elbows and bring both hands toward the chest with fingers pointing upward and palms facing out.

B. As you breathe out:

- Push with both palms and shift your weight forward onto the left leg. Left foot should be completely on the floor. As the weight shifts forward, lift the right heel. At the same time as the weight shift, push both hands forward.

C. Breathe in, and:

- Turn palms to face down. Bring both hands back toward the chest, first moving them upward slightly, then, back downward slightly, as if retracting them over an immovable object or as if they are floating on a wave.
- Pivot your left foot, with only your left heel on the floor, to the right; then, pivot the right foot, with only the right heel on the floor, to the right.
- Rotate the upper body 90° to the right and shift your weight to the left leg while bending the left knee.

D. As you breathe out:

- Push with both palms and shift your weight forward onto the right leg. Right foot should be completely on the floor. As the weight shifts forward, lift the left heel. At the same time as the weight shift, push both hands forward.

Repeat A-D 3 times

- Shift your weight back to centre with feet side-by-side about hip-width apart and balanced.

13. Lion Playing with a Ball



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. Place right hand about Solar Plexus (mid-chest) high with palm facing downward. Place left hand in front of lower Dan Tian with palm facing upward.

A. Breathe in, and:

- Turn right foot 90° to the left. Turn first 45° by pivoting on the ball of the foot; then, the second 45° by pivoting on the heel. At the same time, shift your weight to the right leg, knee bent slightly. Note: The left foot should now be pointing to the left with only the toes touching the floor.
- Turn body toward the left

B. Breathe out, and:

- Lift the left knee and step forward and to the left, landing heel then toe. Continue forward to shift your weight to the left leg.
- At the same time as the step, move the left hand upward to the upper Dan Tian, with palm facing out. With the right hand push out in front Solar Plexus (mid-chest).

- Shift your weight back to centre. Place left hand about Solar Plexus (mid-chest) high with palm facing downward. Place right hand in front of lower Dan Tian with palm facing upward.

C. Breathe in, and:

- Turn left foot 90° to the left. Turn first 45° by pivoting on the ball of the foot; then, the second 45° by pivoting on the heel. At the same time, shift your weight to the left leg, knee bent slightly. Note: The right foot should now be pointing to the right with only the toes touching the floor.
- Turn body toward the right

D. Breathe out, and:

- Lift the right knee and step forward and to the right, landing heel then toe. Continue forward to shift your weight to the right leg.
- At the same time as the step, move the right hand upward to the upper Dan Tian, with palm facing out. With the left hand push out in front Solar Plexus (mid-chest).

Repeat A-D 3 times

- Shift your weight back to centre.

14. Embracing the Moon at the Dan Tian



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. The hands should be alongside the thighs, palms facing each other.

A. Breathe in, and:

- Turn body toward the left
- Straighten both knees
- At the same time, reach out, then upward and to the left with both hands, palms facing upward.

B. Breathe out, and:

- Rotate your body around toward the front. At the same time swing both hands downward to be in front of the Lower Dan Tian. Palms should now be facing each other, as if holding a ball (the moon).
- As you rotate your body and swing your hands downward, bend both knees (not less than 90°)

C. Breathe in, and:

- Continue turning body toward the right
- Straighten both knees
- At the same time, reach out, then upward and to the right with both hands, palms facing upward.

D. Breathe out, and:

- Rotate your body around toward the front. At the same time swing both hands downward to be in front of the Lower Dan Tian. Palms should now be facing each other, as if holding a ball (the moon).
- As you rotate your body and swing your hands downward, bend both knees (not less than 90°)

Repeat A-D 3 times

- Shift your weight back to centre.

15. Phoenix Spreading its Wings



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. The hands should be alongside the body

A. As you breathe in:

- Turn your body to the left and slightly upward. At the same time, swing both arms away from the body and upward to head height, with palms facing down, and shift your weight onto your left leg.
- Continue turning to the left and upward until the right heel is lifted.

B. Breathe out and:

- Turn your body back toward the front, letting the arms swing back downward, and re-establish the beginning position with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. The hands should be alongside the body.

C. As you breathe in:

- Turn your body to the right and slightly upward. At the same time, swing both arms away from the body and upward to head height, with palms facing down, and shift your weight onto your right leg.
- Continue turning to the right and upward until the left heel is lifted.

D. Breathe out and:

- Turn your body back toward the front, letting the arms swing back downward, and re-establish the beginning position with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. The hands should be alongside the body.

Repeat A-D 3 times

16. Striking the Opponent's Ears



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. The hands should be alongside the thighs, palms facing each other.

A. Breathe in and:

- Position the hands alongside the hips, with palms facing upward and elbows pointing backward. Form two lightly clenched fists.

B. Breathe out, and at the same time:

- Step forward and to the left with your left leg. Continue shifting until your right leg is straight and your weight is on your left leg. Note: The left leg should now be bent to about 120°.
- As you step and shift, slowly swing both fists outward, around and upward in a parabolic motion to place your extended fists in front of your head, with the back of your fists facing each other, as though you were “striking the opponent’s ears with the backs of your fists.

C. Breathe in and:

- Step back and shift your weight back to centre with feet side-by-side about hip-width apart and balanced; two lightly clenched fists alongside the hips, palms facing upward and elbows pointing backward.

D. Breathe out, and at the same time:

- Step forward and to the right with your right leg. Continue shifting until your left leg is straight and your weight is on your right leg. Note: The right leg should now be bent to about 120°.
- As you step and shift, slowly swing both fists outward, around and upward in a parabolic motion to place your extended fists in front of your head, with the back of your fists facing each other, as though you were “Striking the Opponent’s Ears” with the backs of your fists.

Repeat A-D 3 times

- Step back and shift your weight back to centre with feet side-by-side about hip-width apart and balanced.

17. Circling the Qi around the Dan Tian



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. Place both hands in front of your lower Dan Tian, and with palms facing down.

A. Move both hands in a counter-clockwise circular movement. Move your lower Dan Tian (and hips) slightly in the same direction as your hands.

Repeat A 6 times

B. Move both hands in a clockwise circular movement. Move your lower Dan Tian (and hips) slightly in the same direction as your hands.

Repeat B 6 times

Note: In both A. and B., breathe out when pushing hands away from Lower Dan Tian and in when move hands towards lower Dan Tian.

18. Collecting the Qi



- Begin with feet side-by-side about hip-width apart and balanced. Both knees should be bent slightly. Place both hands alongside the thighs, palms facing each other.

A. Breathe in and:

- Turn both palms to face away from your thighs.
- Swing both hands/arms in an arc away from your body and then upward above your head. Note: Above your head, the palms will be facing each other.
- At the same time as the arm swing, straighten both knees.

B. Breathe out and:

- Continue the hand(s) movement downward in front of your Upper Dan Tian. The palms should now be facing downward with the fingers on each hand pointing toward the other.
- Move both hands downward to the lower Dan Tian. At the same time, bend both knees.

Repeat A-B 6 times

Finish in Holding a Qi Ball Stance



- Stand with feet shoulder width apart
- Palms face the Dan Tian like holding a Ball in front of Dan Tian
- Relax the whole body
- Slightly tuck in the chin
- Bend both knees
- Clear the mind
- Remain in this posture for at least 5 minutes (the longer the better)

END

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