

## Tai Chi Routine: - Qigong Shibashi First 18 Moves

These moves are brought to you by Linda Schlaghecke and Warrnambool Seniors Citizens Club. They are of a general nature and are suitable for all abilities. For more information contact the Archie Graham Community Centre on 5559 4920



**RAISE ARMS:** Stand with feet hip width apart, soften knees, breathe in as you raise the arms and hands to shoulder height in front of you and straighten legs

Breathe out as you sink down, relax your elbows and slowly return your hands to your sides

X3



**OPEN THE CHEST:** Breathe in as you rise up and lift your arms and hands to shoulder height in front of you and turn palms together and then extend arms out to the side.

Breathe out as you sink down and return

### **PAINTING A RAINBOW**

Breathe in as you rise up and lift arms above your head.



Breathe out as you shift your weight to the left and bring your left palm to the top of your head.

Alternate left & right X3



**SEPARATING THE CLOUDS:** Breathe in as you scoop your hands in front of your body, crossing them at the wrists. Take your arms above your head.

Breathe out as you sink down and bring your hands down both sides of your body.

X3

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### ROLLING ARMS

Breathe in as you raise bent arms to front with palms up. Breathe out as you sink down and draw left hand back behind hip. Breathe in and complete the arm circle behind your back. Breathe out as you turn to front and push left hand forward.

Alternate left & right X3



### ROW A BOAT:

Breathe in as you rise up, press your hands slightly behind you and raise them up. Breathe out as you sink and with arms slightly forward of the shoulders, lower them to your side

X3



### BALANCE A BALL

Breathe in as you shift your weight to your right foot, lift your left heel and turn body to the right and raise your left hand (palm up). Breathe out as you return your body to the front, lower your heel, balance your weight equally on both feet and lower your hand.

Alternate left & right X3



**GAZING AT THE MOON:** Breathe in as you shift your weight to the left, turn your body to the left and raise your hands to the left side. Keep your arms parallel, palms facing in.

Breathe out as you lower your arms and return face to the front

Alternate left & right X3

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### TURN WAIST & PUSH PALM

Breathe in as you raise your arms to hip level, palms up and elbows out.

Breathe out as you turn to the right and push your left palm forward to shoulder height while you turn the right palm over and press down

Alternate left & right X3



### CLOUD HANDS

Breathe in as you raise your left hand in front of your face (palm towards you) and move your right hand (palm down) out to the side until it reaches hip height. Breathe out as you turn 45 degrees to the left. Your arms should move with the turn of your body so that your position remains aligned

Alternate left & right X3



### SCOOP THE SEA

Breathe in as you place your leg in front of you and transfer your weight forward, while scooping your hands in front of you and raising them above your head.

Breathe out as you transfer your weight back onto your right leg (lifting the front toes) and lower your arms back to your sides. Alternate left & right X3



### PUSH THE WAVES:

Breathe in as you place your left foot in front of you (toes up) and raise your hands to chest height, with your palms forward and elbows down.

Breathe out as you transfer your weight onto the front foot (lowering the front toes), and push forward with your hands. Breathe in again as you transfer the weight back and draw you hands in toward your chest. X3

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### DOVES SPREADS WINGS

Breathe in as you place your left foot in front of you (toes up) and raise your arms out to your sides (palms forward).

Breathe out as you transfer your weight forward (lowering the front toes) and sweep your arms inward until they are shoulder width apart in front of you. Breathe in again as you transfer your weight and arms back, ready to repeat movement X3



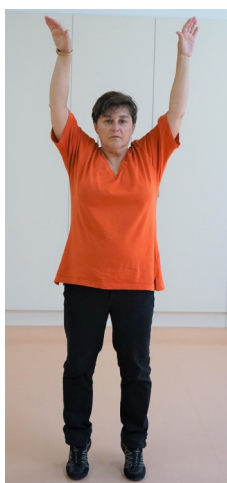
### PUNCH

Breathe in as you bend your elbows and raise your fists to hip level.

Breathe out as you punch forward.

Breathe in again as you withdraw the fist.

Alternate left & right X3



### FLYING WILD GOOSE

Breathe in as you raise your body and lift your heels as you simultaneously raise your arms to the side until they are well above shoulder height.

Breathe out as you sink down, lowering your heels and return your hands to your sides

X3



### ROTATE THE

**WHEEL:** Breathe in as you rise up taking your arms above your head and keeping them parallel. Breathe out as you sink down and lower your arms on the right side keeping them parallel. Alternate left & right X3

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### **STEP & BOUNCE A BALL**

Breathe in as you shift the weight to the left foot, lift the right knee to hip height and raise the left arm to shoulder height in front of you.

Breathe out as you lower your arm and leg.

Alternate left & right X3



### **BALANCING THE CHI CLOSE**

Breathe out as you turn the palms over and lower your hands back to your sides.

Breathe in as you turn your palms to face outward, move your elbows out to the side and raise your hands to just above shoulder height in front of you.

Press down with palms facing the floor

X3

This routine is available on the Warrnambool City Council Archie Graham Community Centre Website:

[www.warrnambool.vic.gov.au/home-exercise-videos](http://www.warrnambool.vic.gov.au/home-exercise-videos)

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