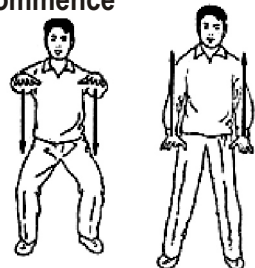


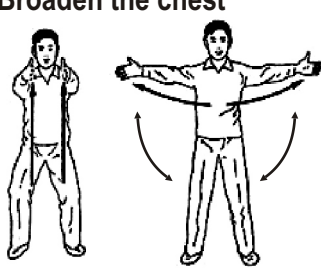
TAI CHI QIGONG SHIBASHI EXERCISES

Commence



S-1 0:00 6 X

Broaden the chest



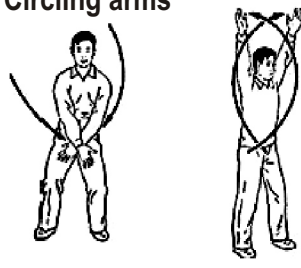
S-2 0:33 6 X

Dancing with the rainbow



S-3 1:10 6 X

Circling arms



S-4 1:42 6 X

Twist waist & swing arms



S-5 2:24 6 X

Rowing a boat



S-6 2:57 6 X

Tossing a ball



S-7 3:30 6 X

Carrying the moon



S-8 4:00 6 X

Twist waist & push hands



S-9 4:47 6 X

Playing with clouds



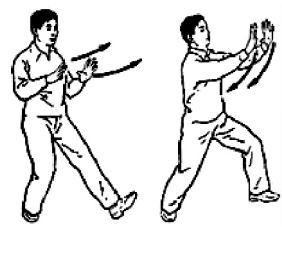
S-10 5:10 6 X

Scooping from the sea



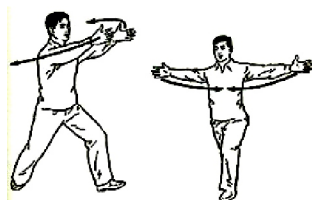
S-11 6:00 6 X

Playing with waves



S-12 6:42 6 X

Spreading your wings



S-13 7:05 6 X

Punching



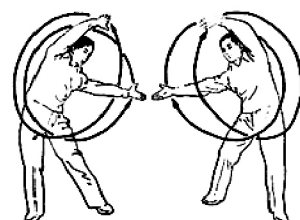
S-14 7:26 6 X

Flying like a bird



S-15 7:47 6 X

Spinning wheels



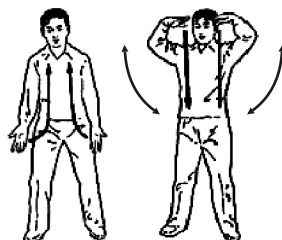
S-16 8:15 6 X

Bouncing a ball



S-17 8:45 6 X

Pressing the palms



S-18 9:02 6 X

Shibashi is a gentle stretch and warm up.

Each individual exercise is repeated six times over a period of about 30 seconds or as desired.

By doing the whole routine faster and more vigorously with more repetitions, it becomes a cardio workout.

You can also add light weights, 1 to 3 lbs., to gain muscle strength and bone density benefits.

<https://www.youtube.com/watch?v=e1K0sQFUEmg>