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Shibashi Exercises 1 – 9

1. Raising the Arms/Waterfall
2. Opening the Chest/Spring & Autumn
3. Painting a Rainbow
4. Separating the Clouds
5. Repulse Monkey
6. Rowing a Boat in the Middle of a lake
7. Supporting a Ball in Front of the Shoulders
8. Gazing at the Moon
9. Turning the Waist and Pushing with the Palm

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Shibashi Exercises 10 – 18

10. Cloud Hands in a Horse-riding Stance

11. Scooping the Sea and Looking at the Horizon

12. Pushing the Waves

13. The Flying Dove Spreads its Wings

14. Punching in a Horse-riding Stance

15. The Flying Wild Goose

16. The Rotating Flywheel

17. Stepping and Bouncing a Ball

18. Balancing the Chi to Close

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