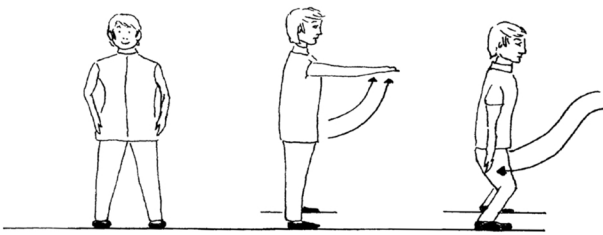


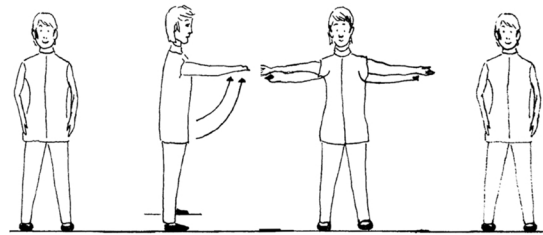
Tai Chi Exercises

www.taichiexercises.co.uk

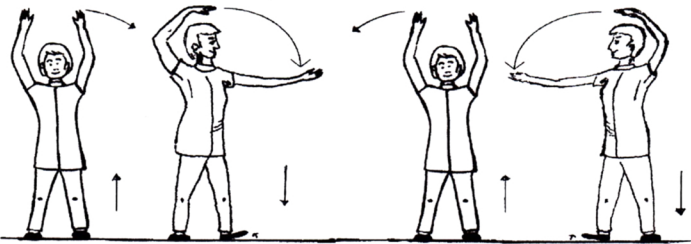
Shibashi Exercises 1 – 9



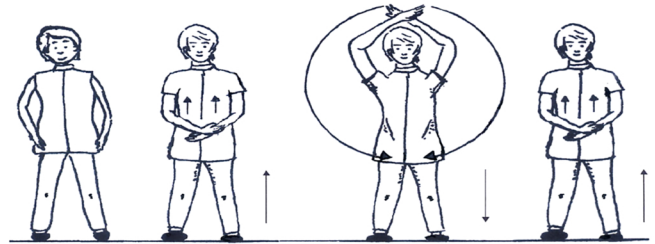
1. Raising the Arms/Waterfall



2. Opening the Chest/Spring & Autumn



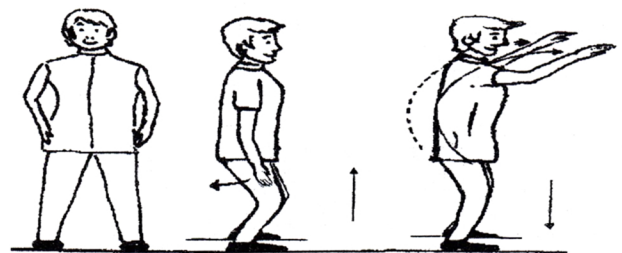
3. Painting a Rainbow



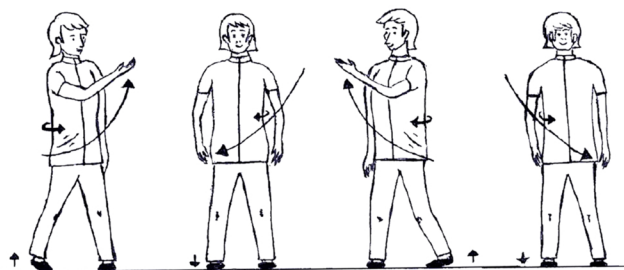
4. Separating the Clouds



5. Repulse Monkey



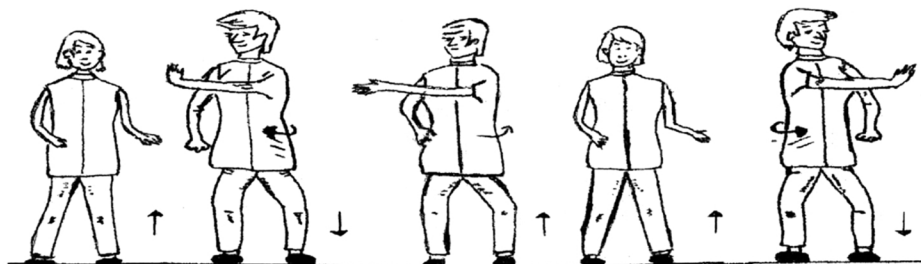
6. Rowing a Boat in the Middle of a lake



7. Supporting a Ball in Front of the Shoulders



8. Gazing at the Moon

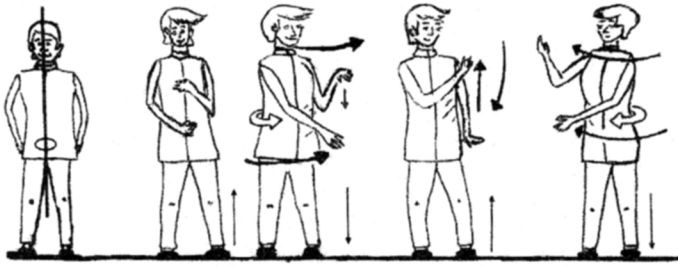


9. Turning the Waist and Pushing with the Palm

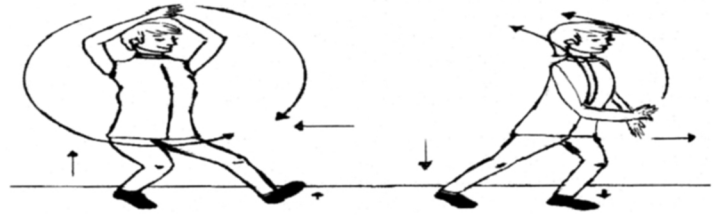
Tai Chi Exercises

www.taichiexercises.co.uk

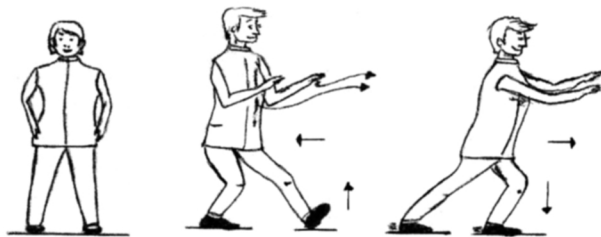
Shibashi Exercises 10 – 18



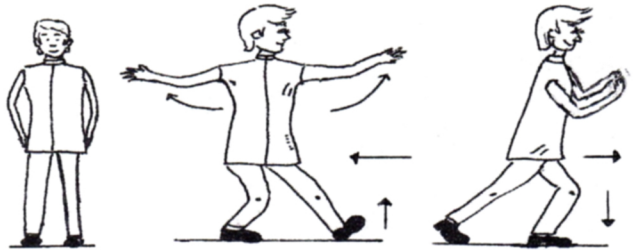
10. Cloud Hands in a Horse-riding Stance



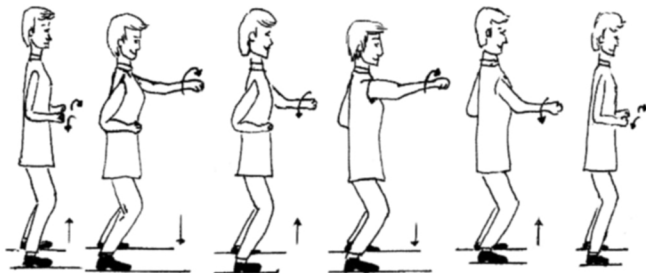
11. Scooping the Sea and Looking at the Horizon



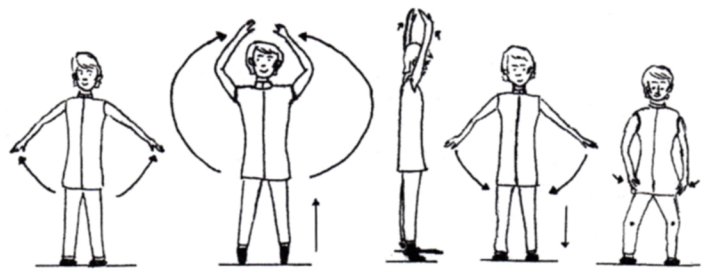
12. Pushing the Waves



13. The Flying Dove Spreads its Wings



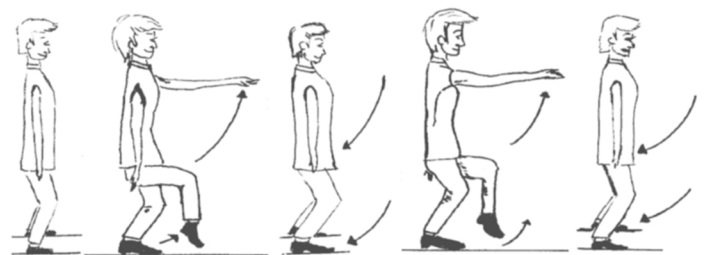
14. Punching in a Horse-riding Stance



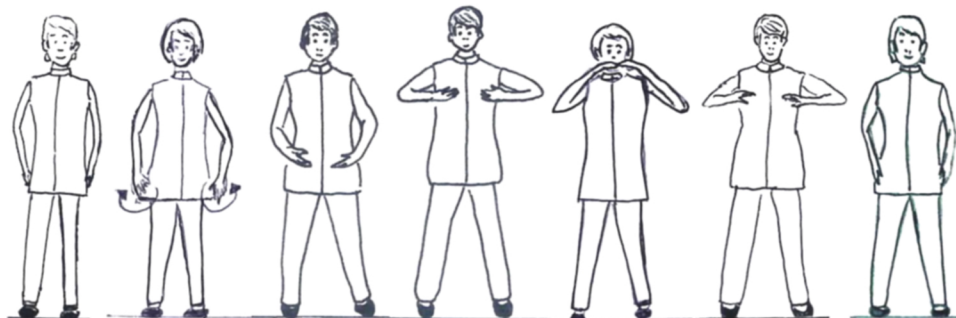
15. The Flying Wild Goose



16. The Rotating Flywheel



17. Stepping and Bouncing a Ball



18. Balancing the Chi to Close