

Tai Chi 18 Postures-Shibashi

Peaceful motion for health

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Those postures were developed and refined in the 1980's by Professor Lin Houshen and Master He Weiqi at the Shanghai Hospital. These movements are suitable for practiced by anyone regardless of age and can be done seated or standing.

It is a peaceful, beautiful and flowing Qigong exercise that brings euphoric relaxed feelings and at the same time is physically stimulating.

The rocking motions and stretching movements gently massage the internal organs, stimulate the energy meridians, move the major joints, and improve circulation and digestion. The chest exercises and controlled breathing are good for the heart, lung conditions and asthma related problems. The overall effect of the routine is to reduce mental stress and physical tension carried in the muscles of the body.

Six Steps of Qigong

1. Calm and still the mind, slowing down your thought to a point of single focus the breath.
2. Relax the body through –deeper, fuller and slower Ujjaya breathing, also known as diaphragmatic breathing
3. Qi (energy) or breath flows freely through the body to open meridians (energy pathways) and relax the muscles and nervous system of the body.
4. Mind directs the Qi. The mind sets the intention.
5. Qi is absorbed where needed as meridians are cleared and opened
6. Qi is released, let go or directed following intention set by the mind

Sequence of Forms Listed Below

1. **Opening Move:** lift and lower arms
2. **Expand chest with neck glide:** imagine holding a ball keeping shoulders relaxed then expand chest
3. **Wave arms like rainbows:** wave arms overhead from side to side with a side bend
4. **Swing arms and disperse clouds** *shallow lowering movements when doing this movement is optional*
5. **Whirling arms on horse riding stance** (*horse riding is also known as Posture of Tai Chi*)
6. **Rowing a boat on a lake**
7. **Lift ball from lake toward opposite front shoulder palm up**
8. **Turn the body look at the moon over opposite back shoulder**
9. **Turn body and push palms across the body alternating right and then left**
10. **Wave hands like clouds**
- *11. **Scoop water from Sea and look at sky**
- *12. **Push & pull the waves**
- *13 **Pigeon Wings**
14. **Extend arm and Thrust loose Fist forward**
15. **Wild Crane flies in the air** (*may rise up on toes*)
16. **Circle arms like a windmills or flywheels**
17. **Light marching and bounce the ball:**
18. **Return Qi to the earth:** palms upward to heaven and downward to hips (*breathing slower deeper and fuller*)

*The movements 11,12 &13 **can be repeated again with a right leg forward** then proceed with movement 14 through to closing posture

Closing posture Bamboo swaying in the wind with upright posture:

Women right hand on navel, men left hand on navel cover with other hand feet closer together.

Benefits of Each Movement are listed below

Benefits of each of the 18 Shibashi movements

1. Improves conditions related to the heart and liver and high blood pressure.
2. Improves conditions related to the heart, lungs and nervous system.
3. Relieves back pain and decreases the fat around waist.
4. Relieves shoulder pain and boosts stamina.
5. Relieves shoulder, elbow and wrist pain and improves conditions related to the lungs.
6. Helps the digestive system and increases mental clarity.
7. Improves conditions related to the kidney and increases spiritual energy.
8. Helps digestion, improves conditions related to the stomach and spleen and increases weight loss.
9. Helps digestion, improves conditions related to the stomach and spleen, strengthens waist and boosts stamina.
10. Helps digestion, improves conditions related to the nervous system and increases spiritual energy.
11. Improves conditions related to the kidney and stomach, increases weight loss and relieves waist and leg pain.
12. Improves conditions related to spleen, liver and lungs and decreases the instances and severity of insomnia.
13. Improves conditions related to the heart, liver, lungs and nervous system.
14. Increases lung capacity and improves conditions related to the lungs, nervous system and decreases the instances and severity of insomnia.
15. Relieves anxiety and headaches.
16. Promotes blood circulation, boosts stamina, increases weight loss and relieves waist and leg pain.
17. Improves body coordination, decreases the instances and severity of insomnia and fatigue.
18. Improves conditions related to the heart, stomach, high blood pressure and calms the mind.

The benefits of the 1st set Tai Chi Qigong Shibashi are much more than the above mentioned. Just remember, the whole is greater than the sum of its parts.