

## **RESOURCE for Judy Lechner's**

### **Seated Tai Chi Class**

#### **What is Qigong?**

Put very simply, qigong is an exercise that aligns breath, movement and awareness or focus with the aim of enhancing qi or energy flow. Qigong was developed in China and has been used as an exercise, a health and healing practice, and for martial arts development over thousands of years. Today qigong and taiji quan (tai chi), a moving qigong, are being increasingly recognized in the West as safe effective ways of enhancing fitness of mind and body and helping individuals deal with the stresses of modern life and chronic as well as degenerative diseases. Both practices are sometimes called moving meditation.

#### **Shibashi or Taiji Qigong**

Shibashi or Taiji Qigong Set 1 was developed by Dr. Lin Hou-Sheng a renowned Qigong Master with input from He Wei Qi. The set is intended to be deeply relaxing both mentally and physically while improving general health and well-being. The movements are performed in a relaxed manner, in coordination with abdominal breathing and a focused mind. The gentle rocking and stretching motions improve circulation and digestion while the controlled breathing and limb movements are beneficial to the heart, lungs and lymph system. Focusing on imagery from nature, sensations in the limbs and moving against a subtle resistance are all used to enhance the healthful effects.

#### **General Guidelines**

Imagine your body is moving through water or a viscous substance. As you progress, imagine there is an energy or qi field through which you move. Imagine that you are grounded deeply to the earth through the soles of your feet while at the same time you are connected to the heavens through the top or crown of your head. Use abdominal breathing throughout. As you inhale your belly will expand and as you exhale it gently contracts. As you breathe in relax your perineum and as you exhale gently lift this area.

Work within your "comfort zone" and remain mindful that releasing tension- mental, emotional and physical- (your form does not need to look perfect only be safe) will result in easier more fluid movement and energy flow. Repeat each movement 3, 6 or more times as you wish. If tired, perform the movements you feel you most need. If you always forget or avoid certain movements, explore why. These may be the movements you most need. In

general, begin with the left side. Stepping out with a foot is no more than 45 degrees and always with a stable base. Perform each movement with both sides of the body for balance.

Each movement can be repeated 3, 6 or more times as you feel comfortable. In general, breathe in as arms rise or open and breathe out as arms move down or push out. Keep vertical alignment with relaxed and open joints. Knees and hips bend into a small squat as you breathe out in many of the movements. Horse riding stance where knees and hips remain bent as though seated on a horse is used in a few of the movements.

This set is well known and practiced by millions of people throughout the world.

### **Set 1 Shibashi or Taiji Qigong 18 movements**

- 1. Commencing movement-** Helps to activate and regulate your qi or energy flow and relieve tension. Breath in as arms lift and out as arms sink. Mini squat coordinates with breath (alternate names: Drawing Energy from Earth and Sky, Drawing in from Yin and Yang)
- 2. Broadening One's Chest-**Good for heart and lungs conditions or to strengthen. Energy expands and compresses between palms. Breath in rising then turn palms inward and expand. Breath out bringing palms in front of shoulders, sink as palms turn down. 2 breathe cycles may be used if needed. (alternate names: Welcome the New Day, Open your Heart to Embrace Nature)
- 3. Dancing with Rainbows-**Good for back, kidneys. Strengthens, digestion and good for the heart. One palm (laogong) over crown point (baihui) on top of head may reduce headaches. Gaze at palm. Breath in to left and out to right. (alternate names: Painting Rainbows across the Sky)
- 4. Swing arms to disperse the Clouds-**Good for energy circulation, cardiopulmonary circulation. Mixing of the heaven and earth energies by breathing in and drawing up earth energy and on exhale feel heavenly energy flowing down through you. Palms may face up or try palms down -wrists cross at the "inner and outer gates". (Whirling away the Clouds)
- 5. Twisting waist and swinging arms-**Good for shoulder, elbow, and wrist. Good for the organs of the abdomen as movement initiates from the waist and the belt meridian of the body. Knees remain facing forward in a small squat or horse riding stance. Breath in as arms open and out as hands move closer together. Imagine an energy connection between your palms. (Clouds Rolling with the Wind, Passing the Golden Pearl or Ball)

- 6. Rowing a Boat**-Good for digestion, lower body. Water imagery is good for the kidneys, bladder and adrenals. As arms circle up breath in and rise, breath out as arms sink and knees bend. A deeper squat with a hip hinge forward and back can be used stimulated bladder and kidney meridians. (Rowing on a Peaceful Lake, Gliding over the Rolling Waves)
- 7. Holding a Ball**-Good for internal organs especially liver and spleen. Cross body movement good for the brain, good for upper and lower body coordination and uplifting the emotions. Breath in lifting heel as hand crosses the body palm up. Breath out coming center and squat palm turning down. Back hand is turned out and near back of hip. Encourages awareness of qi. (Gathering the Ripe Fruit, Gathering Stars from the Sky, Scooping Moonlight)
- 8. Carrying the Moon**-Benefits the organs of the left and right sides of the body. Breath in with the turn and rising arms breath out coming center and squat arms down. Arm joints should feel relaxed. (Toss the Moon into the Sky , Turn to Gaze over Your Shoulder at the Moon)
- 9. Twisting Waist and Pushing Palms**-good for strengthening legs, back and abdominal area as well as organs of the lower abdomen. This is a strong movement. Breath out as you push your palm out across the body and weight shifts more to that side. Breath in as palm turns up and comes to waist. Palms can be either opened or closed when at waist. (Repel the Fiery Dragon)
- 10. Playing with Clouds**-Calms the spirit and relaxes the eyes good for GI . Palms turned in nourishes the body and is warming. Palms turned out and down is clearing and cooling-try both. Remain in the squat (horse stance with knees straight ahead) breathing in to the left and out to the right. (Cloud Hands)
- 11. Scooping the Sea**-Strengthening to kidneys and spleen as well as lower limbs and waist. Breath out as you scoop and in as you rise. Knees remain relaxed with feet flat. Weight is shifting front to back. Imagine scooping energy and pouring it into your being. (Scoop from the Sea and Look to the Sky, Transmute Water to Vapor)
- 12. Playing with Waves** –Good for bladder and kidney. Breath out as you rock forward-back heel up and breath in as you shift back-front toes up. Imagine the water being both energizing and cleansing. You can imagine water washing through you to carry away any tension or anxiety while you remain rooted. (Push and Pull the Sea or Waves, Sea Grass or Kelp Sways with the Waves)
- 13. Spreading your Wings**-Good for chest and lungs. Same lower body and breath cycle as above. Imagine energy being pushed and pulled like taffy between palms. Imagine

expanding qi from the middle dantian in compassion and/or gathering nourishing qi in.  
(Crane Soars Above the Waves)

- 14. Punching Fists**-Improves internal strength and focus, the GI tract. Use little muscle force but intention to extend qi beyond hands. Imagine an elastic energy connection between dantian and hands. There are many variations here. Breath out as one or both fists punch and bring fists to waist breathing in. Or breath in as one fist moves forward and forearm tenses then breath out as you relax and fist moves to waist. Experiment.  
(Thrusting Forward to Release the Qi)
- 15. Flying Goose**-Helps with mental stress, depression. Good for heart and lungs. Strengthens legs and ankles with lifting of heels. Arms should be relaxed. Imagine “wings” gently extending to the heavens and wrapping around the earth spreading good will. Breath in and rise lifting heels and breath out lower heels and squat. (Loving Wings envelope the Earth)
- 16. Spinning the Wheel**-Good for energy or qi flow, throughout body. Imagine you are a huge wind mill moving gently and slowly round and round in the breeze. Bend form the hips with relaxed knees breathing out and breath in as you rise. Turn left first and after several reps turn right. (Aligning with the One, Morning Breeze Turns the Wheel).  
Beware of those with back or blood pressure problems.
- 17. Bouncing a Ball**-Helps with fatigue, improves strength and improves coordination and mood if done playfully. Balances right and left sides of brain. Feel the connection between your palm and sole of your foot breath in with the lift and out as they come down. More advanced can lift heel off ground and then down. (Bouncing Qi between Earth and Sky)
- 18. Pressing Palms**-Promotes relaxation and sense of calm. Imagine a balancing of earth and heaven energies as you store energy in your dantian. (Gather and Store from Earth and Sky)

### Resources

The information I have here has been gathered from several sources including:

Taiji Qigong by Chris Jarmey\_copyright 2001

Tai Chi Qigong Shibashi Set One Home Study Course by Master Wing Cheung

Shiba shi Workshop by Bill Pickett 2014

[www.taichi18.com](http://www.taichi18.com) by Master Wing Cheung

<https://www.qi-journal.com/Qigong.asp?Name=Taiji%20Qigong%20%E2%80%93%20Shibashi%20and%20Lin%20Housheng&-token.D=Article>

## Video Links

There are many video links on youtube. I have provided a few here so you can see the variations/modifications in the movements. The above link also has a video of set 1.

<https://www.bing.com/videos/search?q=youtube+shibashi+qigong&ru=%2fsearch%3fq%3dyoutube%2bshibashi%2bqigong%26FORM%3dQSRE4&view=detail&mmscn=vwrc&mid=6FA87AF7A249A3C2663E6FA87AF7A249A3C2663E&FORM=WRVORC>

<http://www.uses.org/18-shibashi-qigong-movements/>

<https://www.youtube.com/watch?v=qVmF0WfQ8YI>

## Set 2 Taiji Qigong 18 Movement

Use your mind (intention) to refine and direct vital energy for strengthening and prevention. When first learning the movements, imagine you are moving through water. As you progress, imagine you are moving through a qi or energy field. Use abdominal breathing-in through the nose and out through parted lips with a gentle, “haaaa” sound. In general, start with the left side.

1. **Regulating Breath**-helps activate and regulate qi and blood flow. Relieves tension and stress.
2. **Small Circulation**-good for energy flow and metabolism.
3. **Wind Blows the Willow Branch**-balances yin/yang energy and good for cross body coordination.
4. **Search For Needle at Sea Bottom**-strengthens waist and legs. Smooths and regulates all organs.
5. **Fisherman Throws the Net**-dantian directs movement. Mind/body coordination.
6. **Immortal Points to the Road**-good for abdominal organs and spine. Imagine you are pointed down the road to longevity and good health.
7. **Spunky Child Kicks Heel**-good for hips, knees and ankles. Feel playful.
8. **Fairy Crane Bows to the Moon**-mentally calming. Improves lower body flexibility.

9. **Yellow Dragon Extends Claws**-good for spleen and kidneys as well as arms and upper back.
10. **Draw the Bow to Shoot the Arrow**-unites body and mind.
11. **Double Dragon Goes to Sea**-strengthens back and legs.
12. **Blue Waves Ripple in the Ocean**-good for liver and spleen as well as bladder and kidneys when using water imagery.
13. **Lion Plays with Ball**-strengthens spleen, kidneys, waist, back and shoulders.
14. **Hold the Moon at your Chest**-promotes qi and blood circulation and strengthens female organs.
15. **Phoenix Spreads its Wings**-good for decreasing stress and improving neurological functions.
16. **Attack Ears with Fists**-nourishes kidneys and the brain.
17. **Move Qi at the Dantian**-good for kidneys, stomach, liver, prostate and GI tract. Imagine qi circling the midsection or belt channel than expand infinitely outward.
18. **Press Palms to Calm Down**-balances qi and decreases stress.

Here are a couple of links so you can practice:

<http://www.youtube.com/watch?v=F3uFCRIHiBk>

<http://www.youtube.com/watch?v=NOENwWg3e2M>

### **Closing Sequence following Qigong**

Rub palms briskly together.

Bring palms to the forehead and circle to the outside of the face and up the center of the face several times.

Bring fingertips over scalp down to neck and around up the center of the face several times.

Rub palms together briskly than place palms over eyes. Slowly open eyes.

Massage with tip of index or middle finger: 1) inside corner of eye, 2) inside edge of eyebrow, 3) center of eyebrow, 4) outer edge of eyebrow, 5) smooth eyebrow, 6) outside

corner of eye, 7) middle of ridge below the eye, 8) back to inside corner of eye, 9) smooth under eye

Massage with tip of finger down 1) bridge of nose, 2) outside corner at base of nose, 3) from center above lips around mouth and up centerline

Massage behind ears (little groove). Using thumb and index massage ears.

Place cupped palms over ears with fingers on back of head. Use fingertips to lightly “drum” back of skull.

You may also enjoy lightly brushing off any remaining stagnant qi. Start at your neck and work down to your legs. Take a moment to rest palm over palm of the lower abdomen and breathe.

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