

## Shibashi Part 2

1. Wuji Stance and Raise Hands Above the Head
2. Microcosmic Orbit
3. Wind Blowing the Willows
4. Searching for Needles in the Sea
5. Fisherman Casting the Net
6. Immortal Pointing the Way
7. Mischievous Boy Kicking his Legs
8. Holy Crane Worshipping the Moon
9. Yellow Dragon Pushing Out with Claws
10. Pulling the Bow to Shoot the Eagle
11. Twin Dragons Emerging from the Sea
12. Crossing the Wild Blue Ocean
13. Lion Playing with a Ball
14. Embracing the Moon with the Dan Tian
15. Phoenix Spreading its Wings
16. Striking the Opponent's Ears
17. Circling the Qi Around the Dan Tian
18. Collecting the Qi

Holding the Qi Ball

<https://youtu.be/NOENwWg3e2M>