

Shibashi Chi Gong

1. Opening
2. Broaden the Chest
3. Dance with the Rainbow
4. Cross Hands
5. Repulse Monkey
6. Row the Boat
7. Loft the Ball
8. Carry the Moon
9. Brush Knee
10. Cloud Hands
11. Scooping from the Sea
12. Playing with the Waves
13. Spreading your Wings
14. Punching
15. Flying like a Goose
16. Spinning Wheels
17. Bouncing a Ball
18. Pressing the Palms

