

Shibashi Set 1 Move List

1. Commencing Form and Regulating Breath
2. Expanding Your Chest
3. Painting a Rainbow
4. Circling Arms Separate the Clouds
5. Swinging Arms at Stationery Position
6. Rowing a Boat in the Middle of the Lake
7. Holding Ball in Front of the Shoulders
8. Turning to Look at the Moon
9. Twisting Waist and Pushing Palms
10. Riding a Horse and Swaying Arms
11. Scooping the Sea and Looking at the Sky
12. Undulating Waves
13. The Flying Dove Spreads Its Wings
14. Punching with Outstretched Arms
15. The Wild Goose Flying
16. Spinning Wheels
17. Bouncing the Ball with Steps
18. Pressing Palms in Calmness

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