

Qigong Warmup

The warm-up consists of a combination of the Chinese 18 Movements Qigong (ShiBaShi) and Tai Chi for Health. Commence with feet parallel and shoulder width apart.

1. Press to chest (TCH)
2. Turn to the side (TCH)
3. Raise the arms (18)
4. Open the chest (18)
5. Paint a rainbow (18)
6. Part the clouds (18)
7. Rolling arms (18)
8. Row the boat (18)
9. Lift the ball (18)
10. Look at the moon (18)
11. Twist waist and push with palm (18)
12. Cloud hands (18)
13. Scoop the sea and look at the sky (18)
14. Push the waves (18)
15. Flying dove spreads its wings (18)
16. Shoulder rolls (TCH)
17. Brush Knee
18. Push and pull
19. Alternating brush knee - Butterflies among the holly
20. Grasp the moon
21. Punch both ears
22. Shooting star
23. Side stretch (TCH)
24. Back stretch - Separating Heaven and Earth (TCH)
25. Foot exercises (TCH)
26. Stepping and punching (TCH)
27. Flex and stretch (TCH)
28. Toe kick (TCH)
29. Stepping to bounce the ball (18)
30. Flying goose (18)
31. Turn the wheels (18)
32. Balance the Qi (18)