

QIGONG CALGARY - Shibashi Qigong Set One Instruction Manual

Please read the following carefully in order to maximize the benefits of this qigong.

Where to practice: This type of qigong can be practiced indoors or outdoors. A quiet and peaceful environment with good air circulation should be chosen. Avoid practicing outside during severe weather such as thunderstorms or strong winds, or on days with high smog alerts.

Breathing: The type of breathing we will be doing throughout this qigong exercise is called abdominal breathing. Abdominal breathing is breathing using your diaphragm. You inhale through your nose and exhale through your nose or mouth. It is called abdominal breathing, because the movement of your diaphragm will expand your lower abdomen during the inhale and contract your lower abdomen during the exhale. Breathe deeply using the full extent of your lung capacity.

How to start: This qigong is very effective and easy to learn. However, you should not expect to remember all 18 movements at one time. You should begin by practicing the first 3 movements. When these 3 movements have been mastered, proceed to practicing the next 3 movements in addition to the first 3 that you have just mastered. Always add to your exercise in increments of 3. When practiced regularly, most people will be able to master all 18 movements within a week or two. You should start to see some results when you practice on a daily basis within three months or less.

Opening Position (Wuji Stance)

- stand with feet shoulder width apart and relax the whole body
- arms hang down at sides with palms face thighs
- knees bend slightly
- clear the mind and remain in this posture for a few minutes

1. Awaken Qi and Regulate Breathing

A. Raise arms out front to shoulder level:

- breathing in
- palms face back
- fingers point down and are slightly curved
- raise body by slightly straightening legs
- bring arms up to shoulder height and width
- palms face down

B. Return arms down to sides:

- breathing out
- turn palms to face forwards
- fingers point up and are slightly curved
- bend elbows
- sink body down with knees slightly bent
- lower arms back down
- palms at thigh level facing back

Repeat A-B 6 times



- This strengthens and improves circulation related to the Heart and Liver and balances blood pressure. The flowing movement of shoulders, elbows, wrists, fingers and knees activate Qi flow throughout the meridian network. Strengthens Earth Qi and calms the Liver Qi if overactive - Absorbs the cool Yin quality of Earth Qi as the arms are lifted and transforms physical tensions while the arms are lowered.

2. Opening the Chest

A. Raise arms out front to shoulder level:

- breathing in
- palms face back
- fingers point down and are slightly curved
- raise body
- arms come up to shoulder height and width
- palms face down

B. Open arms out to sides:

- turn palms to face each other
- open arms out to the sides
- arms fully extended out to the sides

C. Close arms in front:

- breathing out
- bring hands together (palms facing) until shoulder width apart

D. Return arms down to sides:

- turn palms to face the front
- fingers up and slightly curved
- bend elbows
- sink body down with knees slightly bent
- lower arms back down
- palms at thigh level facing back

Repeat A-D 6 times



- Open the Heart and Embrace Nature. This strengthens and improves conditions related to the Heart, Lungs and nervous system. Opens and expands Qi in the chest. Regulates breathing, increasing blood supply throughout the body and to the lymph glands. Reduces depression, insomnia & hypertension.

3. Dancing with a Rainbow

Breathing in, raise body and arms. Raise arms all the way up and then turn palms to face each other.

A. Turn to the left:

- breathing in and transfer body weight to right leg by bending right leg slightly
- extend left arm out to left side at shoulder height, palm up
- turn head to look left
- focus eyes on extended left palm
- curve right arm over head so palm faces down above center of head

B. Turn to the right:

- breathing out and transfer body weight to left leg by bending left leg slightly
- extend right arm out to right side at shoulder height, palm up
- turn head to look right
- focus eyes on extended right palm
- curve left arm over head so left palm faces down above center of head

Repeat A-B 6 times

- Paint a Rainbow in the Sky relieves back pain, balances blood pressure, reduces stress, strengthens and aids the Stomach/digestive system, relieves Stomach ache and decreases fat around the waist. Strengthens the Heart and triple heater, connecting Laogong point to Baihui point. The rocking motion from leg to leg creates a strong connection with Earth Qi through the weight bearing foot. Because the arms are held in a raised position this encourages Earth Qi to be absorbed upwards and into the Stomach organ.



4. Gather Qi & Part the Clouds (Circling Arms)

Shift weight back to center. Lower arms in front of body, palms face each other.

A. Cross hands in front:

- breathing in
- turn palms to face up
- cross hands at wrists with right hand over left

B. Raise arms:

- raise body slightly
- palms face body
- raise the arms until palms reach face level

C. Turn palms out:

- turn palms to face away from body
- raise arms above head

D. Lower arms:

- breathing out



- hands separate and circle out to sides
- palms face out
- extended arms continue to circle downwards
- palms face down

Repeat A-D 6 times

- Relieves shoulder pain and boosts stamina. Stimulates the Kidney, benefits Lungs and Heart and improves the blood circulation, beneficial for chronic fatigue syndrome. Improves and strengthens the stability of the lower body, waist and legs. Strengthens the Heart and Lungs. The arm movements flush Qi along the arm meridians, and particularly the Heart, Lung and pericardium meridians in the chest.

5. Changing Palms & Rolling Arms (Twisting Waist & Swing Arms)

Turn palms to face up and raise arms out front to shoulder level. Remain in horse riding stance throughout the entire movement.

A. Turn to right:

- breathing in
- bend right elbow with forearm parallel to the ground
- pull right arm back and turn body from waist toward the right
- slowly spiral left palm so that it faces up when the arm is fully extended (skip this step during the first repetition)

B. Lower forearm:

- Lower right forearm when body completely turned to the right

C. Circle right hand back and up to ear:

- draw right arm up in an arc behind body
- continue to extend the right arm back then up, palm up
- palm tip at ear height
- turn right palm to face the front

D. Push right hand:

- breathing out
- turn body from waist back to center
- push right hand forward
- simultaneously draw left arm towards body
- palms cross in front of chest (right over left), about 2 fists away from the body

E. Turn to left:

- breathing in
- bend left elbow with forearm parallel to the ground
- pull left arm back
- turn body from waist toward the left
- slowly spiral right palm to the front so that it faces up when the arm is fully extended



F. Lower forearm:

- Lower left forearm when body completely turned to the left

G. Circle left hand back and up to ear

- draw left arm up in an arc behind body
- continue to extend the left arm back then up, palm up
- palm tip at ear height
- turn left palm to face the front

H. Push left hand to front:

- breathing out
- turn body from waist back to center
- push left hand forward
- simultaneously draw right arm towards body
- palms cross in front of chest (left over right), about 2 fists away from the body

Repeat A-H 6 times

- Stimulates the Liver and Gallbladder, the twisting movements unblock and disperse Qi in these meridians. Relieves shoulder pain, improves the muscles and tendons of shoulder, relieves elbow and wrist pain, arthritis and improves chronic fatigue syndrome, asthma and other conditions related to the Lungs.

6. Rowing the Boat

Turn palms to face downwards and lower both arms to the sides.

A. Raise arms over head:

- breathing in
- raise body
- circle arms back then up (palms face back then up as arms go up)
- hands extend above head, palms facing front

B. Lower arms in front:

- breathing out
- sink body down with knees slightly bent
- circle arms down to slightly past the thighs
- palms face down then back

Repeat A-B 6 times



- Helps the digestive system and increases mental clarity. Promotes smooth blood circulation and good respiration and extends the Qi in the forward movements of the arms. Strengthens back, relieves backache and headache and is very good for strengthening the ankles, upper legs, neck and shoulders. Stimulates and strengthens the function of the Kidney and bladder. The bending exercise stretches the bladder meridian that runs down the back of the torso and stretches and compresses the physical Kidney, helping the circulation of blood through them.

7. Lifting the Ball of Qi

Raise body.

A. Turn to the left:

- breathing in
- turn body from waist toward the left
- extend right arm up across body to the left until shoulder height, palm up
- left hand is slightly behind left thigh, facing back
- raise both heels; right heel rises higher (weight is mostly on the left foot)

B. Lower heels:

- breathing out
- lower heels to the ground
- turn right palm downwards
- slightly bend knees
- turn body from waist back to center
- lower right arm down to thigh

C. Turn to the right:

- breathing in
- turn body from waist toward the right
- extend left arm up across body to the right until shoulder height, palm up
- right hand is slightly behind right thigh, facing back
- raise both heels, left heel rises higher (weight is mostly on the right foot)

D. Lower heels:

- breathing out
- lower heels to the ground
- turn left palm downwards
- slightly bend knees
- turn body from waist back to center
- lower left arm down to thigh

Repeat A-D 6 times

- Beneficial for insomnia and helps balance blood pressure. Improves conditions related to the Kidney and increases spiritual energy. The lifting movements activate the Spleen's lifting and holding function. By focusing on the upward movement of the hand you will induce awareness and calmness of the mind, stimulates and strengthens the Spleen channel.



8. Turn and Gaze at the Moon (Carrying the Moon)

A. Turn to the left:

- breathing in
- raise body
- turn body from waist towards the left
- extend left arm 45 degrees up and toward the back
- head looks at left hand
- right palm faces left armpit

B. Return to center:

- breathing out
- turn body from waist back to center
- sink body down with knees slightly bent
- lower arms down and to the front in line with thighs
- palms facing each other hip width apart

C. Turn to the right:

- breathing in
- raise body
- turn body from waist towards the right
- extend right arm 45 degrees up and toward the back
- head looks at right hand
- left palm faces right armpit

D. Return to center:

- breathing out
- turn body from waist back to center
- sink body down with knees slightly bent
- lower arms down and to the front in line with thighs (for the final repetition skip this part)
- palms facing each other hip width apart (for the final repetition skip this part)

Repeat A-D 6 times



- Helps digestion, stimulates blood circulation, Liver and gallbladder channels, helps slim the waist and hips encouraging flexibility in the lumbar spine and increasing weight loss, improves Kidney function and helps chronic fatigue syndrome. Improves conditions related to the Stomach and Spleen. Strengthens the Spleen, with some Liver and gall bladder work. This is similar to the movement above.

9. Twisting Waist & Pushing Palms

Bring left hand, palm up, to the left side of waist; right hand in front of right shoulder.

A. Push to left:

- breathing out
- turn right palm to face forwards
- turn body from waist towards the left
- push right hand to left at 45 degrees and up to chest level
- shift weight to left leg about 70%

B. Return to center:

- breathing in
- turn body from waist back to center
- slowly turn right palm up
- draw right hand back to right side of waist

C. Push to right:

- breathing out
- turn left palm faces to face forwards
- turn body from waist toward right
- push left hand to right at 45 degrees and up to chest level
- shift weight to right leg about 70%

D. Return to center:

- breathing in
- turn body from waist back to center
- slowly turn left palm up (for the final repetition skip this part)
- draw left hand back to left side of waist (for the final repetition skip this part)

Repeat A-D 6 times



- Repel the Fiery Dragon (Rotate the waist, pushing toward the side) Strengthens dantian, legs, and back. Promotes flow of internal Qi through the legs and back, reducing waist and back strain and the accumulation of excess fat around the waist line. Helps aid digestion (bowels, bladder), the hand positions opens, stimulates and tonifies the large intestine meridian, improves conditions related to the Stomach and Spleen (strengthens) and improves Kidney function, strengthens waist and boosts stamina. Moves Qi in the Lower and Middle Dantian.

10. Playing with Clouds

Raise left hand to throat level, palm faces body and is about 3 fists away from the body. Turn right palm to faces body at waist level and is about 2 fists away from the body. Remain in horse riding stance throughout the entire movement.

A. Turn to the left:

- breathing in
- turn body from waist toward the left
- allow arms to follow turn

B. Switch positions of the arms:

- raise right hand to throat level, palm faces body and is about 3 fists away from the body
- drop left hand to waist level, palm faces body and is about 2 fists away from the body

C. Turn to the right:

- breathing out
- turn body from waist toward the right
- allow arms to turn with waist

D. Switch positions of the arms:

- raise left hand to throat level, palm faces body and is about 3 fists away from the body
- drop right hand to waist level, palm faces body and is about 2 fists away from the body

Repeat A-D 6 times (skip step D at final repetition)

- Circulates Qi round the internal organs from the lower Dantian and increases spiritual energy. Helps digestion, helps prevent arthritis, and improves conditions related to the nervous system – relaxes and calms. The coordinated movement improves and stimulates brain activity - Alzheimer's. Relaxes the eyes. Letting go or allowing the eyes to relax during this movement affects our consciousness.



11. Scooping from the Sea

Place left foot a half step forward.

A. Bend forward:

- transfer weight to the left foot
- bend at the waist bringing both arms down towards the left foot
- cross hands, right over left, over the left foot
- palms are facing up
- top of the head aligns with the left foot

B. Scoop up:

- breathing in
- transfer weight to right leg
- gradually straighten body upright
- bring crossed palms up above head



C. Separate hands:

- breathing out (skip this part for the final repetition)
- separate and circle extended arms out to the sides then down
- palms face down

Repeat A-C 6 times

- Induces the muscles to relax, relieves waist and leg pain, balances blood pressure, and improves conditions related to the Kidney and Stomach. Opens and expands the Qi in our chest which helps to strengthen and stimulates the Heart and Lungs. Improves the blood circulation, increases weight loss. Connects Earth and Heaven Qi. The rocking movements connect us to the Earth.

12. Playing with Waves

Bring both hands at chest level. Lift left toes up so that left heel is the only part of the left foot that is touching the ground.

A. Push hands:

- breathing out with palms facing forward
- push both hands out
- transfer weight to left foot
- right heel leaves the ground
- left foot completely on the ground

B. Pull hands back:

- breathing in
- palms face the ground
- pull back both hands to chest
- transfer weight from left foot to right
- right heel returns to the ground
- Lift left toes up so that the left heel is the only part of the left foot that is touching the ground

Repeat A-B 6 times

- Improves conditions related to the Spleen, Liver and Lungs and decreases the instances and severity of insomnia, strengthens the legs and leg energy, hip joints, waist, strengthens and improves Kidney and bladder function and is beneficial for hypertension. The rocking action stimulates the Yongquan point (bubbling spring) on the soles of the feet.



13. Spreading Your Wings

Turn palms to face each other.

A. Open arms:

- breathing in
- slightly bend elbows bringing arms slightly inward with palms facing body
- open both arms out to the sides
- transfer weight to right foot
- right heel returns to the ground
- lift left toes up so that the left heel is the only part of the left foot that is touching the ground

B. Close arms:

- breathing out and close both arms in front to shoulder width apart
- transfer weight from right foot to left
- left foot completely on the ground
- right heel leaves the ground

Repeat A-B 6 times – **Change sides and do 11 to 13 again**

- Improves conditions related to the Heart, Liver, nervous system and Lungs, enforcing respiration and improving circulation. Improves flow of Qi, opens and expands the Qi in the chest. Dispels feeling of depression in the chest helping asthmatic conditions and aids the digestive system. Strengthens the Heart and Lungs.



14. Punching in Horse Stance

Breathe in as you bring the left leg back to its original position; drawing in both fists to the sides of the waist, fist-palms face up. Remain in horse riding stance throughout the entire movement.

A. Right punch out:

- breathing out
- punch right fist out straight ahead
- as you punch turn the fist-palm down

B. Pull right fist back:

- breathing in
- draw right fist back to waist
- as you pull back turn the fist-palm up

C. Left punch out:

- breathing out
- punch left fist out straight ahead
- as you punch turn the fist-palm down

D. Pull left fist back:

- breathing in
- draw left fist back to waist
- as you pull back turn the fist-palm up

Repeat A-D 6 times



- Increases Lung capacity and improves conditions related to the Lungs, nervous system and decreases the instances and severity of insomnia. Promotes all round strength and cultivates Qi improving physical force. Aids digestion and regulates bowel movements and stimulates mental clarity. Strengthens the digestion - bowels. Moves Qi in the lower dantian which affects the bowels.

15. Flying like a Wild Goose

Breathe out and lower arms to the front of thighs, palms face each other.

A. Raise heels:

- breathing in
- raise body
- raise heels off the ground
- both arms go out the sides up to head level
- palms face the ground
- elbows slightly bent



B. Lower heels:

- breathing out
- lower heels to the ground
- both arms return to front of thighs
- palms face each other
- knees slightly bent

Repeat A-B 6 times

- Stimulates Lungs, promotes and helps lift depression, relieves anxiety and headaches, strengthens Kidney, knees and legs, helps balance and improve blood pressure. Strengthens the Heart and Lungs. Opens and expands Qi in the chest.

16. Spinning Wheels

Bend down forward from waist. Palms face each other.

A. Circle clockwise up:

- breathing in
- raise body by twisting to the left and up
- raise arms from the left side until above the head
- tilt body arching slightly backwards

B. Circle clockwise down:

- breathing out
- lower both arms to the right side
- lower body by twisting to the right
- bend down from waist

Repeat A-B 3 times



C. Circle counter-clockwise up:

- breathing in and raise body by twisting to the right and up
- raise arms from the right side until above the head
- tilt body arching slightly backward

D. Circle counter-clockwise down:

- breathing out and lower both arms to the left side
- lower body by twisting to the left
- bend down from waist

Repeat C-D 3 times

- Helps balance blood pressure and provides gentle and large range movements and induces smooth, slow breathing. Promotes blood circulation, strengthens the Kidney, boosts stamina, increases weight loss and relieves waist and leg pain and stiffness in the back and promotes new flexibility and strength. Works on the bowel, Liver, Kidney meridians. The circling action of the waist facilitates bowel and Liver function, with the downward movement flushing the Kidney.

17. Bouncing the Ball of Qi

Slowly return body upright, and pause for about 2 seconds.

A. Right bounce up:

- breathing in
- shift weight to right foot
- raise right hand to slightly above shoulder
- raise left knee until left thigh is almost parallel with ground
- bounce once on the right foot (raise and lower heel)

B. Back down:

- bring right arm down
- put left toes down then left heel down

C. Left bounce up:

- breathing out
- shift the weight to left foot
- raise left hand to slightly above shoulder
- raise right knee until right thigh almost parallel with ground
- bounce once on the left foot (raise and lower heel)

D. Back down:

- bring left arm down
- put right toes down then right heel down

Repeat A-D 6 times



- Good for relaxing the whole body, improves body co-ordination and balance and decreases the instances and severity of insomnia and fatigue. Helps revive tiredness and regain natural energy. Helps with mental and physical co-ordination. Co-ordination of the arms and legs helps to harmonize the left and right hemispheres of the brain. Swinging the arms makes the blood move and eliminates stagnated Qi in the upper body. Marching on the spot stimulates all the Qi channels which are found in the bottoms of the feet.

18. Pressing the Palms

A. Raise qi:

- breathing in
- raise body
- turn palms to face up
- gently raise hands upwards and slightly out until palms face the nose

B. Ground qi:

- breathing out
- bring palms in toward body
- lower hands downwards to waist level
- palms face down
- sink body with knees slightly bent

Repeat A-B 6 times



- (Conclusion & Close) – Returning the Qi to Earth, Improves conditions related to the Heart, Stomach, high blood pressure and calms and balances the mind. Regulates and settles internal Qi through the meridian network and settles the vital energy in the Dantian. Connecting heaven and earth; this is also an important movement to return the Qi to the Dantian. The ascending and descending movements absorb the Yin quality of Earth Qi and the Yang quality of Heaven Qi.

Closing Position (Holding an Energy Ball Stance)

- stand with feet shoulder width apart, knees slightly bent and relax the whole body
- arms hang down bowed as if holding a ball
- palms face lower dantian and remain in this posture for a few minutes