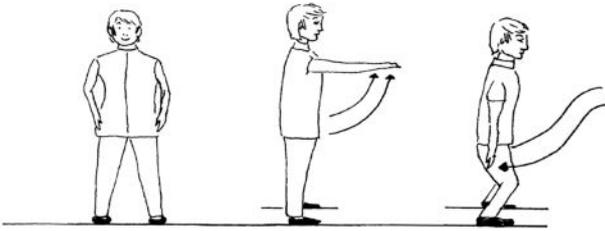


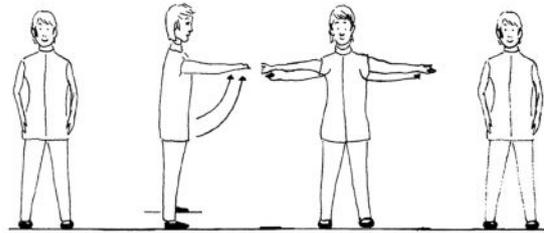
# Tai Chi Exercises

[www.taichiexercises.co.uk](http://www.taichiexercises.co.uk)

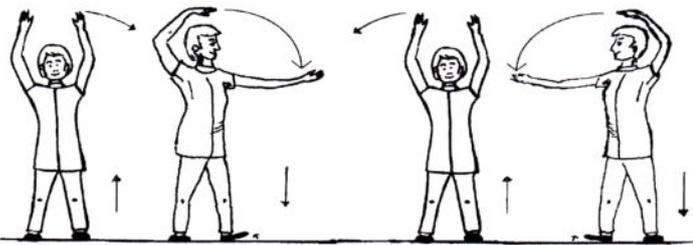
## Shibashi Exercises 1 – 9



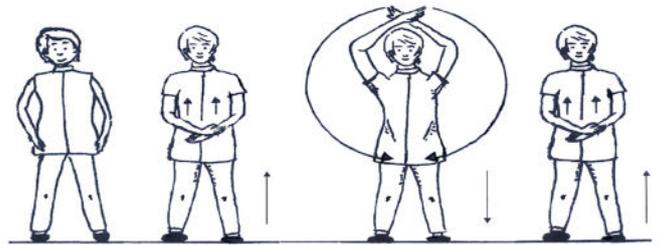
1. Raising the Arms/Waterfall



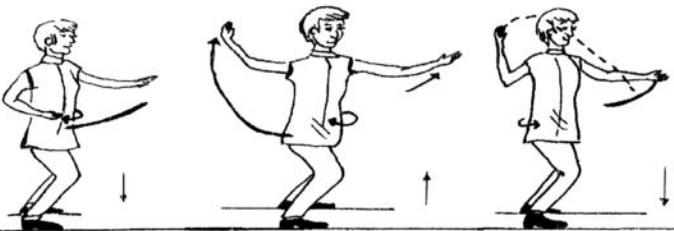
2. Opening the Chest/Spring & Autumn



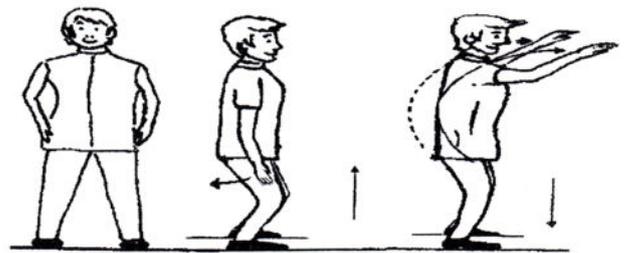
3. Painting a Rainbow



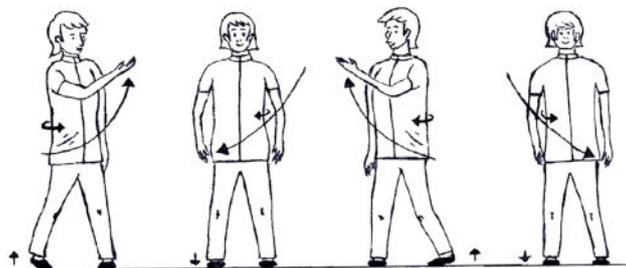
4. Separating the Clouds



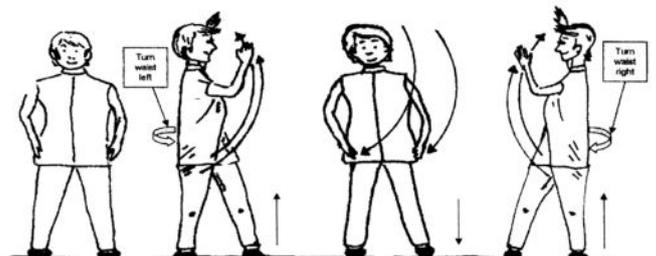
5. Repulse Monkey



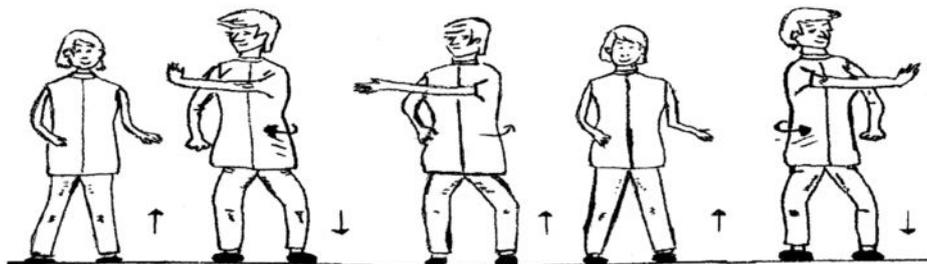
6. Rowing a Boat in the Middle of a Lake



7. Supporting a Ball in Front of the Shoulders



8. Gazing at the Moon

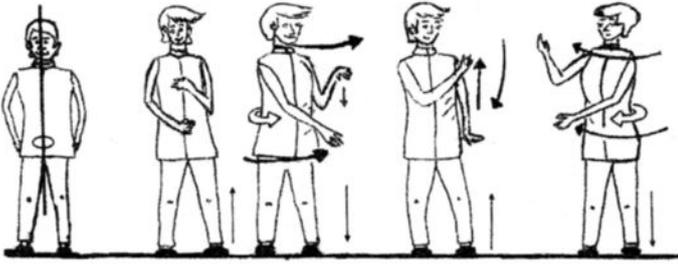


9. Turning the Waist and Pushing with the Palm

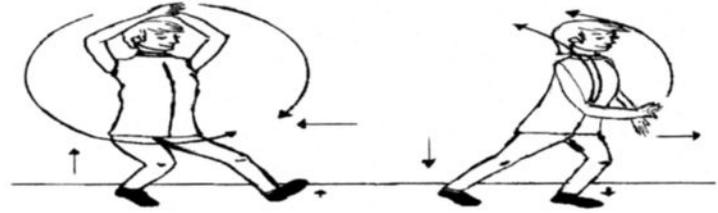
# Tai Chi Exercises

[www.taichiexercises.co.uk](http://www.taichiexercises.co.uk)

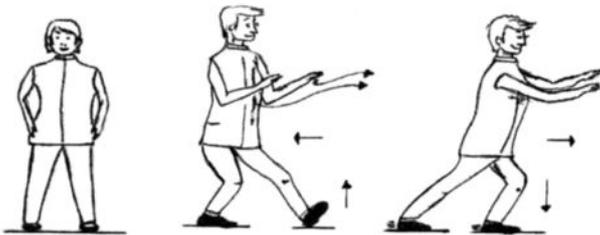
## Shibashi Exercises 10 – 18



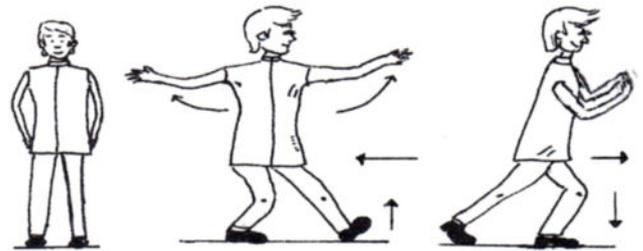
10. Cloud Hands in a Horse-riding Stance



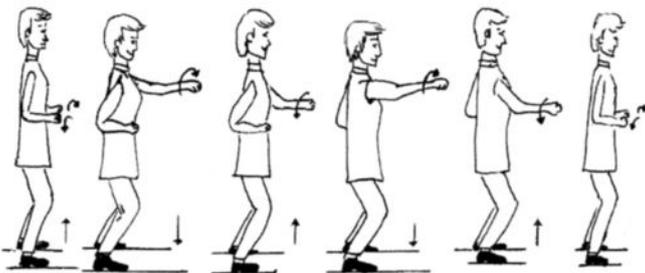
11. Scooping the Sea and Looking at the Horizon



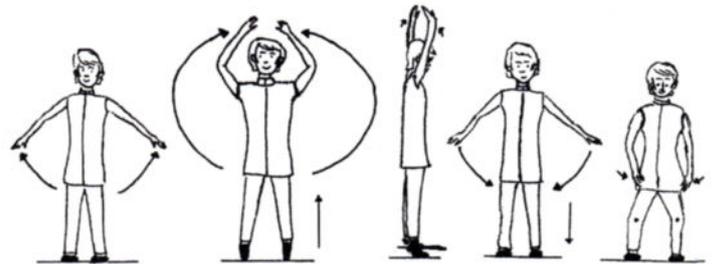
12. Pushing the Waves



13. The Flying Dove Spreads its Wings



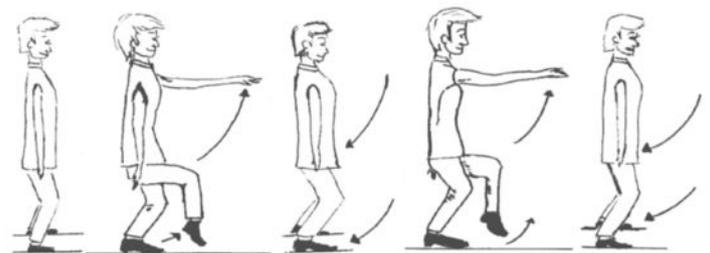
14. Punching in a Horse-riding Stance



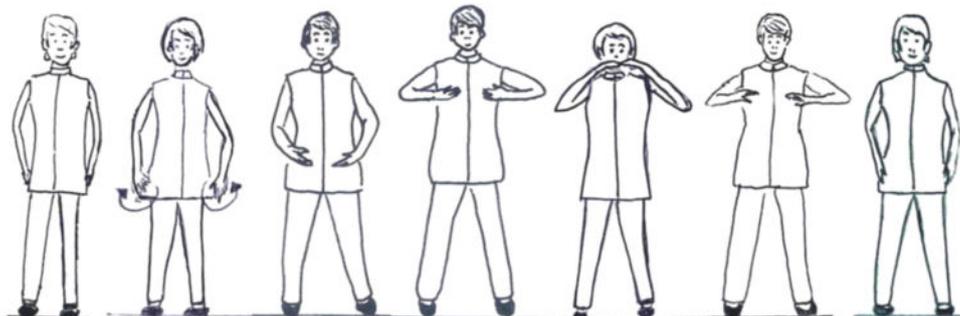
15. The Flying Wild Goose



16. The Rotating Flywheel



17. Stepping and Bouncing a Ball



18. Balancing the Chi to Close