

Tai Chi Chi Kung (Qi Gong) / Shibashi & the potential benefits

1 Calming the Mind

Calming moves often work with the gall bladder & liver meridians which govern decision making, planning & organisation. When they are imbalanced we can get frustrated & angry.

2 Opening the Chest

Good for the chest area and primarily the heart meridian but also benefits the large intestine meridian.

3 Painting a Rainbow

Can benefit the digestion, stomach & heart. Thumb & hand position activates the Large Intestine channel.

4 Separating the Clouds

Benefits the heart & the lungs & clears the head. Can be uplifting & energising.

5 Repulse Monkey

Disperses blocked gall bladder & liver energy. Both channels have deep connections to the eyes & head. Imbalanced their energy can rise creating headaches & migraines. Feedback suggests this move is more effective in alleviating them when done with other calming moves like 1, 10 & 18. (Remember to try hydrating with some water first.)

6 Rowing a Boat

Can benefit the kidney and spleen function. Gripping the floor with your toes & raising the heels can strengthen the move by stimulating the kidney point on the centreline of the foot behind the ball.

7 Lifting the Ball

Can balance the spleen which is often associated with clear thinking and benefits the liver. Bad spleen literally translates as “bad tempered” in Chinese. Try this if you’re feeling grumpy!

8 Looking at the Moon

Again benefits the spleen but also the triple burner meridian. This governs being considerate & cooperative, important in community situations. Try this if you want to boost the immune system.

9 Pushing Palms

Can benefit digestion and the stomach meridian. Thumb & hand position activates the large intestine channel. Builds resistance to hot / cold weather & external influences by strengthening defensive Qi.

10 Waving Hands in Clouds

A calming move, so can benefit the gall bladder & liver, and benefits the eyes. Very popular for relaxation and aiding a good night’s sleep.

11 Scooping the Sea

Expands energy in the chest working with the heart and lung meridians.

12 Pushing Waves

Can balance the bladder meridian primarily and also the kidneys. Can benefit the back and move energy through this area of the body.

13 Flying Dove

Expands energy in the chest working with the heart and lung meridians.

14 Charging the Fists

Can aid digestion and activate the large and small intestine channels, building resistance to hot/cold weather and external influences by strengthening defensive Qi/energy.

15 Flying Goose

Particularly good for the lungs which help express grief and sadness and can also benefit the pericardium meridian. Useful in times of bereavement.

16 Spinning the Wheel

Can aid the bowels by stimulating the liver and aid detoxification.

17 Bouncing the Ball

Improves balance and coordination by harmonising the right & left brain.

18 Calming Qi / Integration

Another excellent calming move. Good for grounding. Integrates the energy of the previous moves.

The information above is from *Taiji Qigong by Chris Jarmey* ISBN9781556435546 and my own personal experiences.

My website timkellam.com has links to where I demonstrate the above moves.