

Qigong Tai Chi Set

Yang style Tai Chi is an form of Martial Arts that is adapted to promoting health. It is performed smoothly, with large movements. Eventually you control your breathing with the movements, standing, going as slowly as you can. You may start with small movements, sitting in a chair. None of these movements should hurt. You adapt your movements so that you can do them, and not have any pain.

1. Awakening Qi
2. Opening the Chest
3. Painting a Rainbow
4. Separating the Clouds
5. Repulse the Monkey
6. Rowing a Boat
7. Lifting a Ball
8. Gaze at the Moon
9. Push the Palms
10. Cloud Hands
11. Scoop Water, View the Sky
12. Push the Waves
13. Let the Dove Free
14. Punching Mud
15. Flying Wild Goose
16. Spinning Wheel
17. Bouncing the Ball
18. Quiet the Qi

18 Chi Quong Shibashi (Tai Chi Qigong 18)

https://www.youtube.com/watch?v=8_qwK8GykFA