AND FITNESS CENTER

Anne H. Campbell, P.T., O.C.S., F.A.A.O.M.P.T, C.M.T.P.T

Board Certified Orthopaedic Clinical Specialist Fellow of the American Academy of Orthopaedic Manual Physical Therapy Certified Myofascial Trigger Point Therapist

Excellence in Physical Therapy for Orthopaedic, Spinal, TMJ, Hand, Sports, and Industrial Conditions and Injuries

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