

# Qigong The 18 Forms

## Shibashi

By [Mimi Kuo-Deemer](#)

The 18 Forms, or Shibashi, is very meditative and is considered a moving meditation for health. These movements were created in 1979 by Professor Lin Hou Sheng, revered as one of China's Living Treasures today. Shibashi is a combination of Qigong movements with Yang Style Tai Chi. Professor Sheng developed this set of forms specifically to help with conditions such as back pain, lung disease, and hypertension. This makes this Qigong practice one of the most popular worldwide.

### 1. Harmonizing the Qi

Place feet at shoulder width. As you breathe in, your arms lift as the knees bend and the hips lower. Then, as you breathe out, the arms lower as the knees straighten and the crown of the head lifts. Repeat.

### 2. Opening the Chest

It has the same feet position as before. Begin with your knees slightly bent. As you breathe in, the hands move up (palms facing each other). At the top of the in-breath (shoulder height), the arms separate to each side (palms up). As you exhale, the arms come down (palms down), and the knees bend. Repeat.

### 3. Separating Clouds

Neutral stance (shoulder width), knees bent. Cross your arms low without touching. Leave a space between your arms. Keep your arms crossed as you lift them, and unbend the knees. Once the arms are above your head, separate them and turn the palms. Then, lower the arms and bend the knees. Repeat.

### 4. Rainbow Dance

Wider stance, and the toes are turned out. The arms are stretched to the side, elbows heavy, and palms up as if holding each end of the rainbow. As you breathe out, tip toward one leg, bending the other knee. Inhale as you back up. Exhale, tip toward the other leg, bending the opposite knee. Repeat.

### 5. Rolling Ball

Feet in the neutral position. The hands hold an imaginary ball in front of your chest. As one hand moves forward, the other moves back, rotating the trunk and turning the head. Once each hand reaches its apex forward and back, they both rebound. The backhand rolls back forward and retracts back in. Repeat on the other side.

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## **6. Rowing the Boat in the Heart of the Lake**

Feet at shoulder width apart. Make two fists, and pretend you're holding imaginary oars. As you inhale, move the fists forward and down as if drawing a circle, and your hips lower as you exhale. Then circle up again as you inhale. Repeat.

## **7. Lifting the Ball**

Slightly wider stance, feet straight. Sink (bend the knees). Then, shift the weight and release the heel of the unweighted foot. At the same time, one hand crosses and lifts an imaginary ball while the other moves to your lower back. Then, come back to the center and sink. Shift the weight, release the heel of the empty foot, and lift the other hand, reach. Inhale as you lift and exhale as you come back to the center. Repeat.

## **8. Look at the Moon**

The same stance as before. Inhale, shift the weight, and turn as you stretch both arms to the moon, releasing the heel of the unweighted foot. Exhale as you come down to the center. Inhale, shift the weight on the opposite leg and turn as you stretch the arms. Don't forget to release the heel of the empty foot. Repeat.

## **9. Turning Waist, Pushing Palm**

Remain in the same position. Sink, turn from the waist, then exhale as one hand is placed in front of the belly (palm up) while the other pushes. Inhale as you come back to the center and unbend the knees. Sink, turn the waist to the opposite side, push, and exhale. Repeat

## **10. Moving Clouds/Cloud Hands**

Same stance. Shift and turn while the hands hold a fluffy cloud. Switch the hands, then shift and turn to the other side. Repeat.

## **11. Touch the Sea, Look at the Sky**

Step forward into a Tai Chi stance (70%/30% or bow stance). Shift the weight forward as you cross your arms. Then, shift the weight back as you uncross and move the arms back. Repeat, then switch sides.

## **12. Dove Spreads its Wings**

Start in a Tai Chi stance (bow stance). Place the arms at shoulder height, opened on each side. As you shift the weight forward, move the arms to the center, and the back heel lifts. Then, shift the weight back as you open the arms, and the front toes come up. Repeat, then switch sides.

### **13. Pushing Waves**

Tai Chi stance. Shifting the weight forward, move your hands as if pushing a wave, and your feet stay grounded and connected to the earth. Shift the weight back, moving the hands back with you. Repeat, then switch sides.

### **14. Wild Goose Flying**

Feet together. The arms rise as you inhale. Exhale as the arms come down. Imagine being a beautiful bird flapping its wings in the wind. Repeat.

### **15. Alternating Fist Punches**

Place your feet slightly wider than shoulder width. Make fists and place them at the side of your waist. Inhale, then punch forward and bend the knees as you exhale, tighten your stomach. Move the fist back to the original position and unbend the knees. Switch sides. Repeat.

### **16. Turning the Flying Wheel**

The feet are at shoulder width. The knees are slightly bent. Make two fists, then bend down as far as it feels comfortable. Inhale as you turn to one side, the arms come up above your head. Then, exhale as you move your arms down to the opposite side. Back down to the center. Repeat a few times, then switch sides.

### **17. Bouncing Ball**

Neutral stance. Shift the weight to one side, then lift the opposite leg and arm together. Switch sides. Repeat.

### **18. Closing Form for Peaceful Qi**

Place your feet at shoulder width. The hands are on each side with palms up. Lift the arms, gathering the Qi (energy). Once the hands are above your head, move them down your center line, distributing the peaceful energy along your whole body. Repeat.