

The Tai Chi Qigong Shibashi Series

(Overview 2023 Gerald Seminatore)

The Tai Chi Qigong Shibashi Series was created by Professor Lin Hou Sheng from China. Part 1, 18 movements (Shi Ba Shi) was created in the 1970's. Part 2, 18 movements, was created in the 1980's. Four more 18 movement sets were created in the 1990's. The complete sequence has 108 movements.

The movements are done mindfully and deliberately. Deep breathing is coordinated carefully with each movement sequence. There is a particular emphasis on cultivating tone and elasticity in muscles and tendons of the body. Shibashi can be an excellent companion to targeted resistance work with various muscle groups.

The entire form has movements done while standing. Part 1 may done standing or seated. There is little or no movement of the feet in Part 1. Foot movement increases in subsequent parts to challenge and improve balance.

Several of the movements in Shibashi are similar to those in Yang style Taijiquan, and many movements have names commonly found in Taijiquan hand and sword forms.

Shibashi is suitable for persons of all ages. People in below average physical condition or older people with limited mobility can do this form by doing fewer repetitions of each movement or by slightly modifying some of the movements. However, all movements can be done more vigorously and at different speeds to enhance the strengthening benefits of the practice. Shibashi embodies the essence of Tai Chi and Qigong while simplifying some of the movements of Tai Chi. This makes it an excellent recreational and health promoting activity for a wider population of people of differing levels of fitness and motivation.

