Shibashi 3: 18 Qigong movements from Lin Housheng, images from Wong video

Stretch to the Sky	**Look at Setting Sun**	**Prayer-like/ Sway Hips**	**Massage Dantian**	**Feel Happiness**
Expand the Chest	**Point Needle/ Bottom of Sea**	**Spread Wings to Fly**	**Gather Good/ Remove Bad Qi**	**Push Down Palms**
				Closing Movement (normally Standing Zen)
Swing Left & Right	**Open Heaven & Earth**	**Part Wild Horse's Mane**	**Open/Clear Meridians**	
				Read columns down.
Blossoming Lotus	**Thrust Fist/ Inner Power**	**Push Palms Forward**	**Direct Qi**	

Let your breath animate you. Perform the movements with feeling, changing speed as required.

Some pain may be acceptable with exercise, but continued pain is damaging to your body. Remember to listen to your body and back off or adapt movements to what your body is capable of doing.

Lin, Shibashi 3 step by step

1. Stretch to the Sky – Cleans and Regulates Meridians and Bones.
2. Expand the Chest – Strengthens Heart and Lungs.
3. Swing to the Left and Right - For Stomach and Spleen.
4. Blossoming Lotus - For Healthy Joints.
5. Look at the Setting Sun - Increases Vital Energy and Nourishes the Kidneys.
6. Point to Needle at the Bottom of the Sea - For Liver and Gallbladder.
7. Open Heaven and Earth – Strengthens and Energizes the Nervous System.
8. Thrust the Fist with Inner Power – Speeds the Flow of Vital Life Energy.
9. With Prayer-like Palms, Sway Hips Left and Right – For Regulating the Spine.
10. Spread Wings to Fly – Stimulates and Energizes the Shoulders and Back.
11. Part the Wild Horse's Main – For Proper Blood Sugar Levels.
12. Push Palms Forward – Straightens the Back.
13. Massage Dantian - Supports and Restores the Stomach and Intestines.
14. Gather In Good Healthy Energy, and Remove Sick Bad Energy.
15. Open and Clear the Meridians - Root Out the Basis of the Disease.
16. Directing Qi-Energy to Strengthen the Body and Mind.
17. Feel Happiness – Benefits Sleeping.
18. Push Down Palms - Feel a Calm Happiness to Close the Training.

https://docs.google.com/document/d/
1HFiQaJFqGVAl6GRAmutxiEKWwr8Hq2vJd1fSk6IuxMU/edit?tab=t.0