

Shi Ba Shi Taiji Qigong

(Modified exercises from this system)

Exercise 5. Floating silk hands



5.1. Explanation

- 5.1.1. Start standing quietly in the quiescent standing form posture, with your feet shoulder width apart and parallel to the front. Have both arms straight hanging down and relaxed, with your hands in front of your hips and your palms facing down.
- 5.1.2. Raise both the arm up straight to be level with your shoulders. The hands are pointing forwards, with the palms facing down.
- 5.1.3. Turn the right palm up then turn the hips to the right, leave the left hand at shoulder height with the palm facing downwards, float the right arm down towards the hip. Circle the arm behind in a semicircle bringing the right hand up and keeping the elbow down.
- 5.1.4. Use your peripheral vision to see both hands, press the right palm forward by twisting the hips back towards the front. As the right hand approaches the left hand turn the left palm up. Slide the right hand over the left without touching palms.

- 5.1.5. Then as you press the right hand forward turn the hips to the left. Let the left arm sink down towards the hip and circle back the arm behind you in a semicircle bringing the left hand up and keeping the elbow down. Press the left palm forward by twisting the hips back to the front. As the left hand approaches the right hand, turn the right palm up. Slide the left hand over the right without touching palms. Then as you press the right hand forward turn the hips to the left. Let the left arm sink down towards the hip again and continue the same sequence.
- 5.1.6. Repeat the exercise for 5-10 minutes to feel the benefits.
- 5.1.7. The breathing for this exercise is - Breathe in as you rotate the hip and bring the arm back and breathe out as you press the hand forward.

5.2. Functions

5.2.1. TCM Functions

- 5.2.1.1. In Chinese medicine this particular exercise relates to the metal and water elements and can be used to regulate the lung and kidney functions as well as regulate the Spleen Qi.

5.2.2. Western Medicine Functions

- 5.2.2.1. It helps to relieve asthma, bronchitis symptoms and disharmonies.

5.2.3. Physical Functions

- 5.2.3.1. This exercise is effective for alleviating neurasthenia.
- 5.2.3.2. It is good for relieving shoulder and knee arthritis aches and pains.
- 5.2.3.3. It aids in strengthening loin muscular fatigue.