

# SHIBASHI

## — 18 MOVEMENT NAMES.

1. WAVING HANDS BY THE LAKE.
2. EXPANDING THE CHEST AT THE TOP OF THE MOUNTAIN.
3. PAINTING A RAINBOW.
4. SPERATING THE CLOUDS.
5. PULLING THE SILK FROM THE COCOON.
6. ROWING A BOAT ON THE LAKE.
7. OFFERING A PEACH TO THE IMMORTAL SAGE.
8. GAZING AT THE MOON.
9. LOTUS LEAF RUSTLES IN THE WIND.
10. WAVING HANDS IN THE CLOUDS.
11. SCOOPING FROM THE SEA & LOOKING AT THE SKY.
12. PUSHING THE WAVES.
13. WHITE DOVE BRINGS PEACE TO THE EARTH.
14. GREEN DRAGON EMERGES FROM THE CAVE.
15. WILD GOOSE FLIES ACROSS THE SKY.
16. WINDMILLS TURN IN THE WIND.
17. BOUNCING THE BALL IN THE SUN.
18. GATHERING NATURES FRAGRANCE FROM THE STREAM.