

# ***Shibashi 1 Postures***

Opening position (Wuji stance)

1. **Over the waterfall**
2. **Opening your chest**
3. **Dancing with rainbows**
4. **Separating the clouds**
5. **Repulse monkey**
6. **Rowing the boat**
7. **Lifting a ball**
8. **Carrying the moon**
9. **Pushing hands**
10. **Cloud hands**
11. **Scooping from the sea**
12. **Playing with waves**
13. **Spreading your wings**
14. **Punching**
15. **Flying like a goose**
16. **Turning like a flywheel**
17. **Bouncing a ball**
18. **Pressing the palms**

Closing position (Wuji stance)