

# Qigong Workshop - Shibashi X

## Designed by Grandmaster Gary Khor



This workshop will introduce you to the Shibashi X programme and is suitable for both beginners and advanced students.

Grandmaster Khor has kindly given me permission to introduce this form to you and we hope next year he will be able to find time to visit SA and teach us the finer points of the art.

Shibashi translates as the “18 exercise techniques” . Our Tai Chi Qigong is a “Shibashi” as it has eighteen movements..

Shibashi X, apart from being practised as a form in its own right, also provides an introduction to other Chinese health arts and martial arts. It is based on movements that include techniques from Tai Chi, Tao Yin, Preying Mantis and Wild Goose.

With regular practise this form can improve breathing efficiency and assist the functioning of both right and left hemispheres of the brain. It will assist the lymphatic system, improving resistance to disease and infection. As with our Tai Chi Qigong it will also improve posture, circulation and digestive function.

Qigong and Tai Chi are a continuous journey of understanding, giving us a greater awareness of how we feel, how our body moves and the benefits we can gain from regular practise. By adding depth to our study of the art we also add to its enjoyment. We thank Grandmaster Khor for this beautiful Qigong.

The workshop runs for 3 hours and afternoon refreshments are included.

**Location: Mitcham Village Institute, 103b Princes Road, Mitcham**

**Date: Sunday, 1st November**

**Time: 2.00—5.00 pm**

**Cost: School Members: \$30.00 TCAA Members: \$35.00 Others: \$39.00**

Tear off .....

To Book: Please hand this registration slip with the workshop fee to your teacher or post to:  
PO Box 90, Morphett Vale, 5162.

Name: ..... Ph. No.....Class

Address: .....

Email: .....

Payment \$30 / \$35 / \$39 (please circle)      Received .....

Tear off.....

### RECEIPT

Name ..... Date:.....

Paid: \$30 / \$35 / \$39 (please circle) .....

Signed