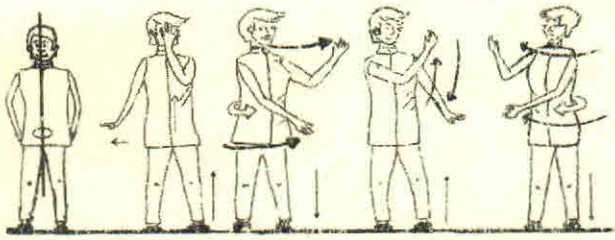
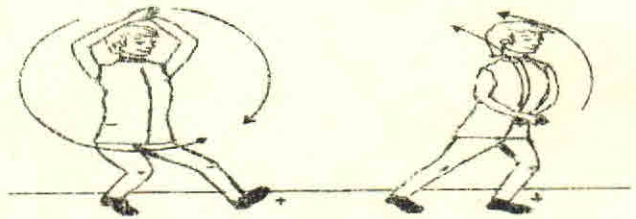


# Tai Chi Exercises

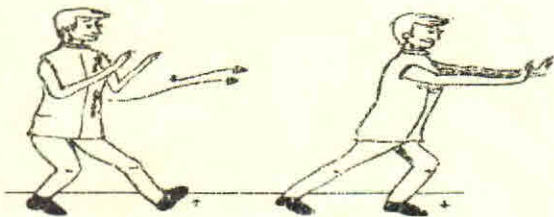
## Shibashi Exercises 10 - 18



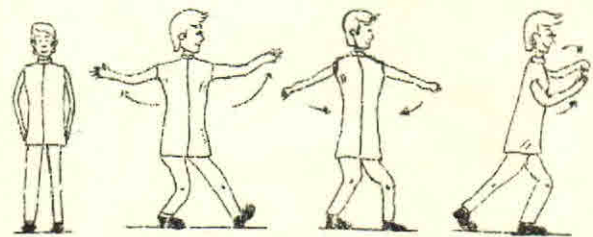
10. Cloud Hands in a Horse-riding Stance



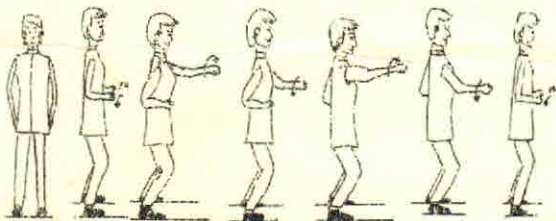
11. Scooping the Sea and Looking at the Horizon



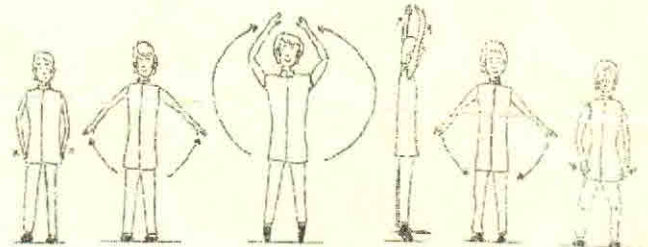
12. Pushing the Waves



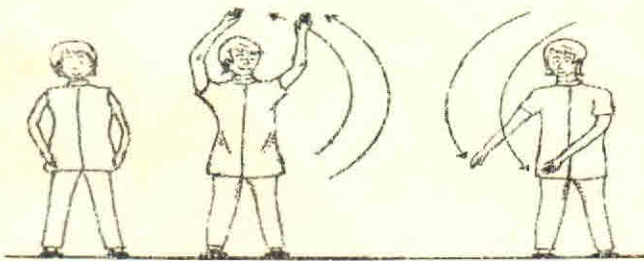
13. The Flying Dove Spreads its Wings



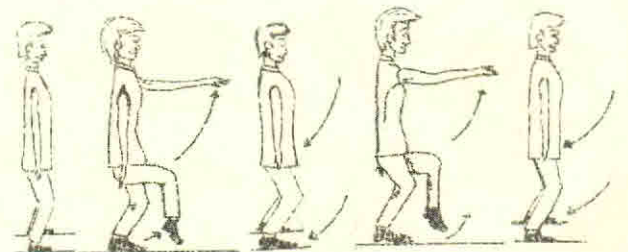
14. Punching in a Horse-riding Stance



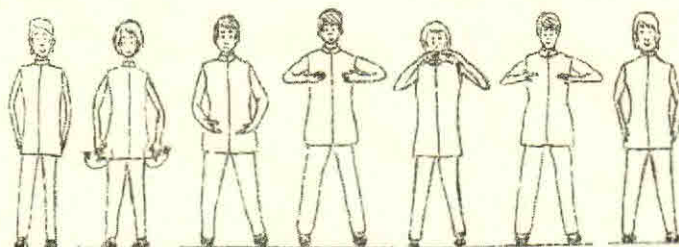
15. The Flying Wild Goose



16. The Rotating Flywheel



17. Stepping and Bouncing a Ball



18. Balancing the Chi to Close