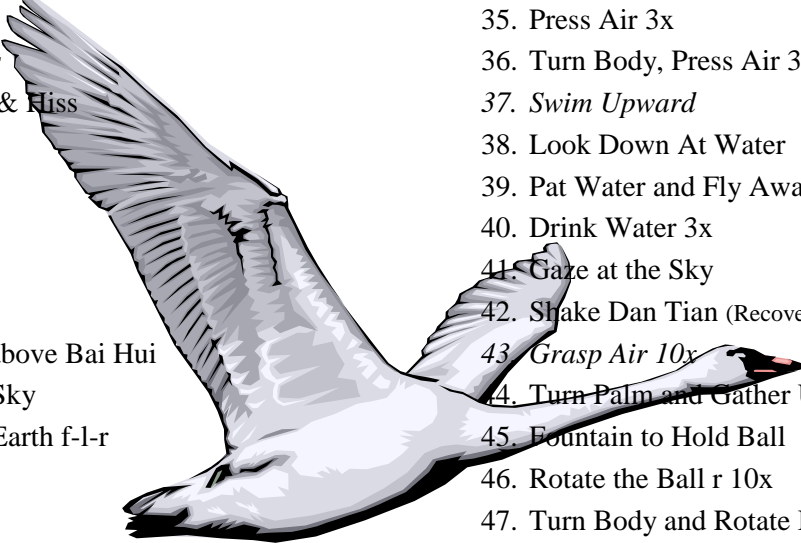
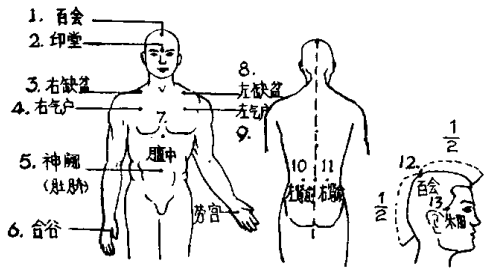


DAYAN QI GONG (Wild Goose)

The Dayan Qi Gong has been handed down through the years from the Taoists on Kunlun Mountain. This system developed from imitating the movements of the wild geese and combining them with special qi gong visualizations, breathing and acupuncture points. The form is to cleanse the meridians, improve blood flow, draw in and circulate qi.

There are four sections to this Qi gong. *Section I* (movements 1-36) is to open channels and points repeatedly to expel toxins and draw in healthy air. *Section II* (movements 37-44) are brisk movements to expel deeper toxins. *Sections III* (movements 45-55) are to draw in healthy qi. *Section IV* (movements 56-64) are to adjust the blood and air, balancing yin and yang in the body.

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| <ol style="list-style-type: none"> 1. Wuji posture 2. Spread Wings 3. Close Wings & Hiss 4. Fold Wings 5. Snap 6. Fold Wings 7. Snap 8. Lift Arms 9. Clasp hands above Bai Hui 10. Palms to the Sky 11. Palms to the Earth f-l-r 12. Twine Hands 13. Recover Air 14. Flap Wing (Pull Left Toe) 3x 15. Push Air 16. Scoop Up Air 17. Turn Body & Recover Air 18. Flap Wing (Pull Left Toe) 3x 19. Push Air 20. Scoop Up Air 21. Twine Hands 22. Wave Hands Like Clouds r-l-r 23. Look to Rear (Twist Waist) 24. Drop Arm to Recover Air 25. Spread Single Wing r 26. Step Forward and Extend Arm 27. Wind Hand Around Head - hegu to laogong, temple, na hou, temple 28. Press Down 29. Prop Up 30. Recover Air 31. Scoop the Moon 32. Turn Body 33. Step Forward Look at Palm - laogong to 3rd eye 34. Look up to the Moon |  | <ol style="list-style-type: none"> 35. Press Air 3x 36. Turn Body, Press Air 3x 37. Swim Upward 38. Look Down At Water 39. Pat Water and Fly Away l-r-l 40. Drink Water 3x 41. Gaze at the Sky 42. Shake Dan Tian (Recover Air) 3x 43. Grasp Air 10x 44. Turn Palm and Gather Up Air 8x 45. Fountain to Hold Ball 46. Rotate the Ball r 10x 47. Turn Body and Rotate Ball l 10x 48. Fountain (Hold Air) 49. Pass Through Air - Qi sinks all tantian 8x circle @, shrink tantian, then red 50. Raise Arms - draw in Yang Qi 51. Drop Wings 52. Flap Wings to the Back - tonify kidneys 53. Fly Up Left & Right 7x 54. Turn Body 55. Fly Up to the Sky 56. Skim Over Water l,r,... 7x 57. Turn Body - laogong to yin bai pt (bigtoe) 58. Fly upward 59. Look For Food 60. Turn Body 61. Look for the Nest 62. Turn Body, Swim upward 63. Sleep Peacefully and Recover Air 64. Closing |
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1. baihui 2. Yintang 3. R quepen 4. R qihu 5. Shenque (navel) 6. Hegu 7. Tanzhong 8. L quepen 9. L qihu 10 l shenyu 11. R shenyu 12. Baihui 13. taiyang