

Xin Qi Shen Dojo

DAYAN QI GONG (Wild Goose)

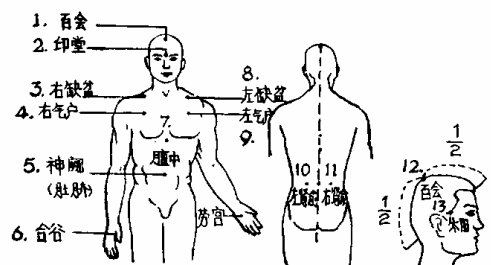
The Dayan Qi Gong has been handed down through the years from the Taoists on Kunlun Mountain. This system developed from imitating the movements of the wild geese and combining them with special qi gong visualizations, breathing and acupuncture points. The form is to cleanse the meridians, improve blood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

- | | |
|---|---|
| 1. Wuji posture | 34. Look up to the Moon |
| 2. Spread Wings | 35. Press Air 3x |
| 3. Close Wings & Hiss | 36. Turn Body, Press Air 3x |
| 4. Fold Wings | 37. Swim Upward |
| 5. Snap | 38. Look Down At Water |
| 6. Fold Wings | 39. Pat Water and Fly Away l-r-l |
| 7. Snap | 40. Drink Water 3x |
| 8. Lift Arms | 41. Gaze at the Sky |
| 9. Clasp hands above Bai Hui | 42. Shake Dan Tian (Recover Air) 3x |
| 10. Palms to the Sky | 43. Grasp Air 10x |
| 11. Palms to the Earth f-l-r | 44. Turn Palm and Gather Up Air 8x |
| 12. Twine Hands | 45. Fountain to Hold Ball |
| 13. Recover Air | 46. Rotate the Ball r 10x |
| 14. Flap Wing (Pull Left Toe) 3x | 47. Turn Body and Rotate Ball l 10x |
| 15. Push Air | 48. Fountain (Hold Air) |
| 16. Scoop Up Air | 49. Pass Through Air - Qi sinks all tantian 8x circle @, shrink tantian, then red |
| 17. Turn Body & Recover Air | 50. Raise Arms - draw in Yang Qi |
| 18. Flap Wing (Pull Left Toe) 3x | 51. Drop Wings |
| 19. Push Air | 52. Flap Wings to the Back - tonify kidneys |
| 20. Scoop Up Air | 53. Fly Up Left & Right 7x |
| 21. Twine Hands | 54. Turn Body |
| 22. Wave Hands Like Clouds r-l-r | 55. Fly Up to the Sky |
| 23. Look to Rear (Twist Waist) | 56. Skim Over Water l,r,... 7x |
| 24. Drop Arm to Recover Air | 57. Turn Body - laogong to yin bai pt (bigtoe) |
| 25. Spread Single Wing r | 58. Fly upward |
| 26. Step Forward and Extend Arm | 59. Look For Food |
| 27. Wind Hand Around Head - hegu to laogong, temple, na hou, temple | 60. Turn Body |



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



61. Look for the Nest
62. Turn Body, Swim upward
63. Sleep Peacefully and Recover Air
64. Closing

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