



## 關節開合功 Joint Opening and Closing Gong

This form is very unusual and is a more advanced form because it covers certain martial art movements from within Dayan Qigong. In history the Kunlun Dayan System had martial art skills which were developed, such as Dayan Palm, Dayan Fist and Dayan Finger and Dayan Sword and even Cotton Spear. However, today most of what we practise concentrates more on the development of good health. Still, for both good health and good martial art skill, we need to take care of our joints. It is particularly good for problem areas in the waist, knees, ankles, shoulders, neck and elbows and regular practise of Joint Opening and Closing Gong can strengthen the bones, joints and tendons and help keep us flexible.

1. 放鬆站立 Relaxing Position
2. 大雁上步 Wild Goose Steps Forward
3. 步踏涌泉 Marching to Open the Yongquan Point
4. 氣遊腰膝 Qi Circles the Waist and the Knees
5. 伸腰觸指 Stretching the Back and Touching the Toes
6. 五行通氣 Qi Passes Through the Five Organs
7. 青蛇伸腰 Green Snake Stretches Its Back
8. 左右觀望 Looking to the Left and Right
9. 百會接地 Baihui Connects with the Earth
10. 青蛙貫氣 Green Frog Develops the Qi
11. 氣貫腎元 Qi Goes to the Kidneys
12. 小三圓走陰陽 Rotating Three Small Yin Yang Circles
13. 膝走八卦 Smoothing the Knees in Bagua Circle
14. 青蛇過河 Green Snake Crosses the River
15. 大雁觀天 Wild Goose Looks at the Sky
16. 收氣入目 Collect Qi to the Eyes
17. 點穴開竅 Hitting the Points to Open the Potential
18. 氣走內腑 Qi Flows Through the Internal Organs
19. 背負太極 Carry a Taiji Circle on the Back
20. 收氣入丹 Collect the Qi to the Dantian
21. 坐蓮推掌 Sitting on the Lotus and Pushing Out with the Palms
22. 蓮花滿開 Lotus Flower Blooming
23. 坐蓮推掌 Sitting on the Lotus and Pushing Out with Palms
24. 蓮花滿開 Lotus Flower Blooming
25. 坐蓮推掌 Sitting on the Lotus and Pushing Out with Palms
26. 蓮花滿開 Lotus Flower Blooming
27. 風吹荷葉左 Wind Blows Lotus Leaves on the Left
28. 風吹荷葉右 Wind Blows Lotus Leaves on the Right
29. 大樹參天 Big Tall Tree Reaches the Sky
30. 柳樹左右擺 Willow Tree Moves to the Left and Right
31. 蝸牛過水 Snake Crosses the River
32. 天變地裂 Sky Changes and Earth Cracks
33. 青蛇過隙 Green Snake Goes Through the Gap
34. 十拍通天 Ten Slaps Pass through the Sky
35. 靈猴跳岸 Clever Monkey Jumps Over Other Side of the River
36. 大雁滿天飛 Wild Geese Flies Over the Sky
37. 八卦遊身走 Bagua Qi Ball Walking
38. 收功 Shou Gong

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