



長壽功 Longevity Gong - Chángshòu Gōng

Everybody wants longevity. It seems to be very easy now as many people can live to 80 and 90 years old. The only question is, how healthy are they? To live long in good health is much harder. To have true longevity, we need to be healthy first, and then our longevity will more enjoyable.

The Dà yàn Qì gōng 大雁氣功 System has the form Longevity Gong 長壽功 - Chángshòu Gōng, which is only a short form with only 9 movements. I thought about this and for longevity we should have a long form! So I have added some more movements making it up to 28 movements, which is really still not long enough - it should be at least 108 movements. Like my Shīfu Yáng Méijūn 楊梅君師父 who lived to 104! So in the future I might add more movements to make it longer and combine movements from other skills to make it healthier and to gain true longevity.

口訣 Peom

長壽容易健康難 Chángshòu róngyì jiànkāng nán - Getting longevity is easier than having a good health.
有了健康長壽閒 Yǒule jiànkāng chángshòu xián - Have a good health, then longevity will come along.
氣功勤練身體好 Qìgōng qín liàn shēntǐ hǎo - Working hard on Qìgōng will bring good health
生活有律飲食節 Shēnghuó yǒu lǜ yǐnshí jié - A regular life style, control eating and drinking.
清心寡慾精氣強 Qīngxīn guǎ yù jīng qì qiáng - Peaceful mind and less passion make the energy strong,
無求得樂自然暢 Wú qiú dé lè zìrán chàng - No desires brings happiness, then everything happens naturally.

1. 放鬆並站立 Relaxed Stance
2. 一天二人三地 One Heaven, Two People, Three Earth
3. 排毒行八方 Releasing Poison by Walking Eight Directions
4. 收氣走八卦 Collecting Qi by Walking the Bāguà
5. 丹田陰陽轉 Circling the Dāntián with Yin and Yang
6. 左右接地氣 Receiving Earth Qi Left and Right
7. 翅膀開左右 Stretching the Wings Left and Right
8. 按摩膝蓋穴 Massage the Knee Points
9. 乾坤膝關節 Circle the Knee Joints
10. 穿叉兩邊開 Passing Through both Sides of the Legs
11. 崑崙左右旋 Circling around the Kūnlún Points
12. 劍指點三穴 Hitting the Three Points with Sword Fingers
13. 天星金光閃 Sparkling Stars in the Sky
14. 螺旋走四方 Spiralling in Four Directions
15. 回身上天梯 Turn Around to Climb the Sky Ladder
16. 觀天看星辰 Observing the Stars in the Sky
17. 蘭花手盛開 Orchid Hands Blooming
18. 八卦內外掌 Inward and Outward Bāguà Palm
19. 劍指到天邊 Pointing to the Edge of the Sky with Sword Fingers
20. 柳樹左右擺 Willow Moves to Left and Right
21. 撥雲走前方 Pushing the Cloud to the Left and Right
22. 草上飛天去 Fluttering on the Grass to the Sky
23. 大雁單脚動 Wild Goose Moves on One Leg
24. 拍打陰氣走 Slapping to Releasing Damp Qi
25. 心肝脾肺腎 Heart, Liver, Spleen, Lungs and Kidneys
26. 長壽龜呼吸 Longevity Turtle Breathing
27. 收氣得長壽 Collecting Qi to Gain Longevity
28. 收功 Shǒu Gong