



崑崙派大雁氣功二十八宿功
Kunlun Wild Goose Qigong System
28 Constellation Gong

28 Constellation Gong is a high level Qigong skill. We work on the Qi by connecting with the 28 Constellations, which covers the four directions and four seasons. In Chinese philosophy, East is symbolised by the Green Dragon 左青龍, North by the Black Tortoise 後玄武, West by the White Tiger 右白虎 and South by the Red Bird 前朱雀. Each direction contains seven stars, so 4 X 7 equals the 28 constellations. This is why in the form we cover the four directions of East, North, West and South. In the past, this was taught before the Wild Goose Qigong 大雁氣功. This form is for strengthening the body, so it is little more physical and has a slight martial art attitude.

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| 1. 放鬆站立 | Relaxed Stance |
| 2. 三才收氣 | Three Treasures collect Qi |
| 3. 運小周天 | Xiao Zhou Tian flows |
| 4. 展翅飛上 | Spread the Wings and Fly Up |
| 5. 膀肩上飛 | Opening the Shoulder Wings to Fly Up |
| 6. 排氣卦掌 | Release Qi with Gua Palm to Fly Up |
| 7. 背膀雙翅 | Pair of Wings at the Back |
| 8. 抱腿三里貫氣 | Hold the Leg and Transmit Qi to Sanli |
| 9. 穿雲探爪 | Penetrate into the Cloud with Exploring Claw |
| 10. 纏頭裹腦 | Twine Hands around the Head |
| 11. 背膀下貫 | Back Wings drop down |
| 12. 乾坤轉位 | Qian and Kun Change Place |
| 13. 撥雲朝陽 | Separating Cloud to face the sun |
| 14. 大雁滿天飛 | Wild Geese fly around the Sky |
| 15. 大雁穿雲去 | Wild Geese fly through the Clouds |
| 16. 大雁洗翅 | Wild Goose washes the Wings |
| 17. 拜上敬天 | Pay Respect to Heaven |
| 18. 收功 | Shou Gong |