



The Kunlun Dayan Qigong system has many forms whose movements are soft and gentle as well as many kinds of mediation. So we always see that it is good for health. However, there are also forms and skills that have a Kung Fu attitude. Even in the 1st and 2nd 64 Wild Goose Qigong movements there are some Kung Fu skills within the movements. However, in the Dayan System we must learn how to be healthy first and then we can build a strong body and learn Qigong Kung Fu. Dayan Palm is both Kung Fu and Qigong training which can develop strong bones and muscles. Wild Goose Qigong Kung Fu develops a light body, jumping and how to use Qi to defend ourselves. Dayan Palm is a high level Qigong and Kung Fu skill. Regular practise can make our body, our mind and our Qi strong.

Poem: Walking around in a circle with palms stretched out, makes all the joints strong. Qi and strength are there. Relaxation gathers more Qi, and then will heal all the diseases.

口訣：出掌繞地走一圈，
各個關節力量全。
既有力來又有氣，
放鬆治病得氣關。

1. 放鬆直立 Relaxed Stance
2. 上步晃膀 Step Forward to Swing the Wings (3 steps)
3. 退步回氣 Step Back to Recover Qi
4. 墊步抖翅 Jerking Step to Shake the Wings
5. 跺腳合翅 Ground Kick with Closing Wings
6. 馬步彈膀 Springing the Wings in Horse Stance (3 times)
7. 擺頭撩掌 Turn the Head and Flick the Palms
8. 雙峰貫耳 Two Mountains Hit the Ears
9. 落膀鏟掌 Drop Wings and Strike with Shovel Palms
10. 伏身回探 Sink Down and Look Back
11. 翻身尋食 Turn Around to Catch the Prey
12. 踢腿亮翅 Flying Kicks and Spread the Wings
13. 尋雲看風 Looking for the Cloud and Watch the Wind
14. 撥雲點霧 Separating the Cloud and Point at the Fog
15. 旋膀收翅 Spiralling the Wings and Withdrawing the Wings
16. 左右回旋 Spiralling to Left and Right
17. 三抱回氣 Stepping back with Holding the Qi Ball (3 Steps)
18. 上步鏟掌 Step Forward and Strike with Shovel Palms
19. 雙峰貫耳 Two Mountains Hit the Ears
20. 左右抹掌 Stretch Palms to the Left and Right
21. 跳步點水 Jumping Over to Touch the Water
22. 虛步雙抖翅 Drop Heels and Flick Wings
23. 三步回氣 Step Forward with Qi Ball (3 Steps)
24. 三步穿掌 Three Steps with Shooting Palms (3 Steps)
25. 轉身靠肘 Turn Around and Elbow
26. 三步回氣 Step Forward with Qi Ball (3 Steps)
27. 連環步 Connecting Steps (9 Steps)
28. 退步纏手 Step Back with Twining Hands
29. 單展翅回旋 Spread the Single Wing and Circle Around
30. 轉膀雙抖膀 Turn the Waist to Shake the Wings
31. 點步上跳下撩掌 Run and Jump up with Whirling Palms (2 steps and 1 Jump)
32. 轉身撩掌 Turn Around with Whirling Palms
33. 倒步轉身崩拳 Step Back and Turn Around with Beng Fists
34. 側身平肩掌 Turn Around and Stretch Out the Palms at Shoulder Level
35. 收功 Shou Gong