



Dayan Qigong Healing Hand Gestures 大雁氣功醫療手法

In Dayan Qigong there are many different hand gestures. Each individual hand gesture has its own meaning. We need to understand our body and make our Qi strong to understand how these hand gestures can heal us. When you are very strong and your Qi is good, then you can use these hand gestures to help other people as well.

1. 大雁掌 Wild Goose Palm
2. 中虎口 Medium Tiger Mouth
3. 小虎口 Small Tiger Mouth
4. 振擻手 Fluttering Hands
5. 劍指 Sword Fingers
6. 梅花指 Plum Blossom Fingers
7. 甩病陽手 Releasing Sick Qi Yang Hands
8. 甩病陰手 Releasing Sick Qi Yin Hands
9. 拍打 Slapping Hands
10. 合指拍 Cupped Slapping Hands
11. 指拍 Finger Tapping
12. 指振穴 Finger Stimulating
13. 梅花振穴 Plum Blossom Stimulating
14. 合谷振穴 Hegu Stimulating
15. 合谷拍 Hegu Slapping
16. 螺旋手 Spiralling Hands
17. 柔球手 Rotating Ball Hands