



## 游龍功 Swimming Dragon Gong

Swimming Dragon Gong is one of the advanced forms in the Kunlun Dayan Qigong system. It is different from other forms as it focuses more on the Taiji principle, replicating the Taiji symbol in many of its movements. Nearly every movement will repeat on both sides or four directions. The form is based sea dragon movements, which are sometimes spiraling, sometimes stretching, sometimes slow and sometimes fast. This form will greatly benefit the Kidneys and bones as well as brain coordination which can help us prevent stroke and high blood pressure. For many students, Swimming Dragon Gong is their favourite form as it is dynamic and makes them feel warm and full of energy.

1. 放鬆站立 Relaxed Stance
2. 深吸遊氣 Deep Breath with Qi
3. 展翅納氣 Stretch Wings to Absorb the Qi
4. 獨立沉氣 Sink Qi to the Dantian on One Leg
5. 走圈益氣 Fostering Qi in a Circle Walking
6. 漁夫撒網 Fisherman Casts the Net
7. 游龍追月 Swimming Dragon Chases the Moon
8. 仙鶴飛翔 Immortal Crane Flying away
9. 白鶴試水 White Crane Tests the Water
10. 童子拜佛 Child Worships the Buddha
11. 周天運行 Zhou Tian Circle
12. 內線疏通 Smooth Internal Lines
13. 佛祖游臉 Buddha Washes the Face
14. 神龍點睛 Dragon Opens the Eyes
15. 狂龍伸腰 Furious Dragon Stretches the Back
16. 飛龍卷風 Dragon Hurricane
17. 托球游走 Swimming with the Qi Ball
18. 氣回丹田 Qi Sinks to the Dantian
19. 觀音入定 Guan Yin in deep Meditation
20. 掌中變法 Magic on the Palms
21. 童子再拜 Child Worships Again
22. 抱球觀世 Holding the Qi Ball to Observe the World
23. 定球在手 Stationary Qi Ball
24. 抱球還位 Return Back to the Original Place by Holding the Ball
25. 氣貫雙腎 Qi Passes to the Kidneys
26. 拜倒四佛 Worship Buddha in Four Directions
27. 金龍點天 Golden Dragon Points to Heaven
28. 劍點四天 Sword Fingers Point to the Four Heavens
29. 游龍飛天 Swimming Dragon Flies to the Sky
30. 氣回中丹 Qi Sinks to the Middle Dantian
31. 收天納日 Collect the Heaven and Sun Qi
32. 收功入丹 Shou Gong