



崑崙派大雁氣功前六十四

Kunlun System Dayan (Wild Goose) Qigong 1st 64

In West of China there is a mountain called Kunlun 崑崙, which means "The Head" and also means "a very important part." This is very big mountain and this is where the Wild Goose Qigong was created around 1800 year ago in 晉朝 Jun Dynasty. The Daoists monks living there had high level knowledge of Chinese Daoism and Chinese medicine. They watched the Wild Geese that flew by and also lived on their mountain. They copied their movements and created this beautiful and healthy form. The movements are not only beautiful but also follow the principle of the Yijing 易經 and so the form was created with 128 movements divided in to two parts, First 64 and Second 64. This form is very good for all kinds health problems because it works all the meridians and 36 major acupuncture points. It simulates the organs, stretches the body, loosens the muscles and strengthens the joints and tendons. Regular practise make us healthy and flexible.

This skill was kept secret in the past until beginning of 80s when the 27th generation leader, my Sifu, Yang Mei Jun 楊梅君 opened the skill to public to help all the people had been suffering during Culture Revolution in China. This was when I had the opportunity to start learning this valuable skill. In 1988 I was told by my Sifu to teach this skill in the west and since then Wild Goose Qigong has become well known and more people have benefited from it.

1. 放鬆站立 Relaxed Stance
2. 展翅 Spread Wings
3. 合翅 Close Wings
4. 折窩 Draw Wings to the Back
5. 抖膀 Flick Wings
6. 折窩 Draw Wings to the Back
7. 抖膀 Flick Wings
8. 上舉 Lift Up
9. 合掌 Twine Fingers
10. 翻掌 Turn Palms Up
11. 下腰 (中,左,右) Bend Waist (Centre, Left, Right)
12. 纏手 Twine Hands
13. 回氣 Recover Qi
14. 左彈足 (三次) Twist Left Toes (Three)
15. 推氣 Push Qi
16. 撈氣 Scoop Qi
17. 轉身回氣 Turn Body and Recover Qi
18. 右彈足 (三次) Twist Right Toes (Three)
19. 推氣 Pull Qi
20. 撈氣 Scoop Qi
21. 纏手 Twine Hands
22. 雲手 (右,左,右) Cloud Hands (Three)
23. 涮腰 Brush Waist
24. 落膀回氣 Drop Arms and Recover Qi
25. 單展翅 Spread Single Wing
26. 上步伸膀 Step Forwards and Extend the Wing
27. 纏頭過耳 Wind Hand Around Head and Ears
28. 下壓 Press Qi Down
29. 上托 Prop Up Qi
30. 回氣 Recover Qi
31. 撈月 Scoop the Moon
32. 轉身 Turn Body
33. 上步望掌 Step Forward and Look at Palm
34. 望月 Look at the Moon
35. 壓氣 Press Qi
36. 轉身壓氣 Turn Body and Press Qi
37. 泳動 Swim Forward
38. 瞰水 Look Down at Water
39. 拍水飛翔 (左,右,左) Pat Water and Fly Away (Left, Right, Left)
40. 飲水 (三次) Drink Water (Three)
41. 望天 Gaze at the Sky
42. 歸氣 (三次) Recover Qi (Three)
43. 抓氣 (十次) Grasp Qi (Ten)
44. 翻掌撈氣 Turn Palm Up and Gather Qi
45. 抱球 Hold the Ball (Ten)
46. 揉球 Rotate the Qi Ball (Ten)
47. 轉身揉球 Turn Body and Rotate Qi Ball
48. 抱氣 Hold Qi
49. 貫氣 Pour Qi
50. 抬膀 Raise Wings
51. 翻翅 Turn the Wings Around
52. 背翅 Bring Wings to the Back
53. 起扇上飛 (七次) Fly up to the Side (Seven)
54. 轉身 Turn Body
55. 飛上 Fly Upward
56. 過水飛翔 Skim over the Sea (Seven)
57. 轉身 Turn Body
58. 飛上 Fly Upward
59. 尋食 Look for Food (Seven)
60. 轉身 Turn Body
61. 尋窩 Look for the Nest (Left, Centre, Right, Right, Centre Left, Centre)
62. 轉身泳動 Turn Body and Swim
63. 安睡歸氣 Sleep Peacefully and Recover Qi
64. 收功 Shou Gong