

WILD GOOSE Qi GONG



Wild Goose Movements 12 - 23

After the last stretch to the front on movement 11 we move into the next 12 movements:

Warm Up:

Before starting any exercise, please remember you are responsible for your own health and wellbeing. You will be shown all exercises safely. Work within your own limits and do not attempt to push the body into pain. Consult your instructor or your doctor for guidance if you are unsure that some movements are unsafe for you to do.

Working from head to waist first, then out to the limbs. You can use these exercises to open up the joints for a smoother Qi flow. Warm up either as a stand- alone session or in shortened form prior to your Wild goose practice.

12. **SEPARATE HANDS** and move them up to the sides with palms facing out- like tracing up the lower half of a circle. Then, bend your knees slightly. by turning the right toes inwards 45* and at the same time, pivot the left heel 90*, then left toes are pointing up. You have now turned 90* to your left.
13. **SWING THE RIGHT ARM** back down in a circle and across the left arm, then rotate hands to face up.
14. **PULL THE RIGHT HAND BACK** across the left wrist then begin to stand up keeping your feet in same position.
15. **CONTINUE TO MOVE THE RIGHT HAND** in a great circle behind you and up over your head and then bend forward and grab your 2 big toes or point to them (if inflexible). At the same time as doing this circle and before you bend down, your left hand has lifted up in front of you, formed a plum blossom. (All fingertips touching together) and then placed just on the top of your left collarbone.
16. **ROTATE YOUR RIGHT WRIST** and elbow anti-clockwise 3 times. Or point to big toes and make a circling motion with forefinger and middle finger.
17. **RELEASE YOUR RIGHT HAND** and make a circle with right palm facing down to your right side and bring the hand back scooping up qi from the ground. Continue to scoop up the qi by standing up , form a plum Blossom with the same hand and place it above the right collarbone. You now have both plum blossom hands touching inside top of collarbone.
18. **TURN TO THE RIGHT.** Do this by leaning back on the right leg, hook the left toes inwards to face the other direction. Switch weight to left foot and swivel right foot to face the right with toes up.

Continued...

19. **RELEASE THE LEFT ARM** and sweep it in a big circle across your left waistline , up behind you and over your head and down to the right toes. Make the same motion as previously with the left hand and right big toes.
20. **RELEASE LEFT HAND** and repeat same motion of sweeping the ground with your palm down in a circle behind you and back to front.
21. **NOW WE SCOOP UP** the qi into the lower dantian by lifting the left palm up our right inside leg towards our belly. At the same time we lower our right hand palm up , down to the belly. The right hand passes under the left and they rotate inwards in a circle to the belly twice. This sequence of movement is completed whilst we stand up and rotate our feet to face the front with a shoulder width stance.
22. **CLOUD HANDS.** - 4 steps. Rest the left hand on top of the left hip. Step forward, goose style, with the right foot. The right hand (palm up) swings around from left to right in front of us continuing behind and resting Hegu on top of the right kidney area. Then we step forward with the left foot using the left hand to do the same motion on the opposite side with left hegu touching left kidney area. Repeat on right side stepping forward with right foot and then lastly on the left again. On the last movement we stand up tall on the left leg and twist our body to the left arcing our right hand to face hegu toward the third eye.
23. **LEAN BACK ONTO THE RIGHT FOOT** and swing the arm back to rest the right hand on the right waist with palm up. At the same time raise the left hand up to face the left palm to the third eye.

FINISH

Finish by lowering left arm to waist and stepping forward with right foot to make a shoulder width stance. Gather heaven qi and bring down to belly 3 times. Lastly gather qi and close hands to lower dantian and bring feet together, standing tall. Let your awareness sit deep in your belly.

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