

WILD GOOSE Qi GONG



First 11 Movements

Wild goose first 64 is a safe balanced exercise. If you are stiff or suffer from poor health then even practicing the first 7 movements is of benefit.

Warm Up:

Always take your time, feel the movements and the stretches and don't go beyond your limit – i.e. into pain! You are responsible for your own health and follow these exercises at your own risk, as with any exercises. If you are unsure of the personal safety of any movements, please ask your instructor and/or consult your doctor. Slowly and surely wins the day!

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.

CONNECTING HEART AND KIDNEY (Fire and Water) Steps 1-7:

- 1. STAND TALL WITH FEET TOGETHER.** Step out with left foot to shoulder width. Arms relaxed, palms pointing to hips. Tongue is gently touching upper palate. Relax the upper part of the body (chest and shoulders), then the lower part (perineum and knees). Hold this position for 7 breaths.
- 2. OPEN THE WINGS AND STRETCH BACKWARDS** to receive Qi from all around and the universe. This helps to open the third eye.
- 3. CLOSE WINGS** by bringing palms back round to lower dantian, whilst looking down.
- 4. DRAW UP EARTH QI TO THE CHEST,** push hands forward then take your wings to the back. At the same time touch the thumb and the four other fingers together (plum blossom) and rest HEGU against the kidneys.
- 5. PUT QI INTO THE KIDNEY'S** then stand on the ball of the feet and disperse stale Qi by bringing the hands around the waist and thrusting the hands downwards to the ground in front of you, stamping your heels down at the same time.
- 6. YOU CAN REPEAT THESE MOVEMENTS** 4 or 5 times to make the effect stronger
- 7. IF FINISHING HERE,** centre the qi- this means gathering Qi up the sides of the body, from above you, then bring your hands down to the lower dantian(belly). Repeat this 3 times and finish by holding Qi at the belly.
- 8. CONTINUING THE FORM.** From movement 5, lift Qi up to the face, palms facing eyes. Spread hands out to temples then raise the hands and arms straight up.

Continued...

9. **INTERLACE FINGERS** over Baihui point at top of crown, drop interlinked hands down to baihui / top of head.
10. **CONTINUING THE FORM.** From having the interlinked hands over Baihui (9 part 1), turn the hands over and press up into the sky, looking at your hands.
11. **BEND FORWARD AT THE WAIST** and press down with hands to the middle, left, right and back to middle. Bend your knees to relax, separate your hands. Stand up and centre to the belly/ lower dantian (3 times), finishing by holding the belly. Relax the arms to sides.

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