

# WILD GOOSE Qi GONG



## Wild Goose Movements 24 - 36

### 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.

23. **MOVE LEFT HAND AROUND TO SIDE OF HEAD**, ba Lao gong/palm facing taiyang (temple). Lower the left hand/palm down to face the ground with hegu facing buttock.
24. **TAKE A GOOSE STEP FORWARD WITH THE RIGHT LEG.** a At the same time lift the right palm /carry qi up the midline of your body to yintang/3rd eye point and move it in a circle to your right side following the hand with your eyes.
25. **GOOSE STEP FORWARD WITH LEFT FOOT** and Lower the right hand behind your lower back and rest hegu against the kidneys. At the same time you step forward with the left foot and bring your left hand in to rest palm up against the lower dantian
27. **DRAW THE RIGHT HAND FROM THE BACK** forward to the lower dantian and trace up the outside of your left arm and across the back of your neck ( GB20/Fengchi).
28. **STAYING IN THE SAME POSITION**, lower the right hand so that hegu faces the buttock and your left hand/ palm up, lifts up qi in front of you to about shoulder height.
29. **STAYING IN THE SAME POSITION**, move your weight forward to stand up tall on the left leg and switch your hands , lifting qi up to shoulder height with your right hand whilst lowering the left hand to face buttock. Left heel is up in the air.
30. **STEP BACK, GENTLY THUDDING THE RIGHT HEEL ON THE GROUND.** At the same time form a plum blossom with the right hand as it draws back to touch Stomach 12/que pen just above the collar bone. At the same time the left hand /palm up draws qi up to face yintang/3rd eye, bringing qi back to the head.

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31. **SCOOPING THE MOON.** In the same position , release the right hand and turning to look behind you 45 degrees, stretch the right arm/ hand out to scoop qi from the air above shoulder height. Bring the right hand forward down past your belly whilst bending forward slightly. Continue the movement up to the left crossing over the right forearm to face 3rd eye. The left palm is facing right taiyang/temple area.
32. **WE PIVOT AROUND TOWARDS OUR RIGHT** to face the opposite way, sitting back with the weight on the left leg and right foot forward. At the same time as we make this move the hands release. The left hand lowers so that hegu faces the left buttock and our right hand stays in place facing the 3rd eye.
33. **WE STEP FORWARD IN AN UPRIGHT POSITION,** sweeping the left hand up /palm facing 3rd eye and right hand moving to the right to face the temple., then sit back on the right leg.
34. **STAND UP MOVING YOUR WEIGHT ONTO THE LEFT LEG.** Release the arms, dropping them to face both palms towards the ground at the position of the lower dantian/ belly. We do a squat to the ground 3 times, pushing qi into the left foot and pressing qi down to the earth with our palms . Your face is pointing downwards and you are leaning slightly over the left leg (. Be comfortable!) As we stand up on the left leg, we lift qi up gently from the earth as if pulling sand up with gentle fingers. We finish standing upright with the qi in our palms facing slightly upwards at belly level. The right leg is balanced on the toes acting as a support the whole time.
35. **PIVOT TO YOUR RIGHT FOOT** by pointing the right foot 90 degrees to the right. Move the weight to the right foot and now repeat the movement 3 times using the left toes as the counterbalancing support.

## **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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