

WILD GOOSE Qi GONG



Wild Goose Movements 37 - 42

- 37. FLUTTERING THE WINGS-** Continue to stand up fully after raising the qi from the ground in the last move. Now you have the weight on your left leg and the right toes touch the ground- you are standing tall. When standing up you lift your hands right up above your head and flutter them, palms facing forward, both hegu points facing each other.
- 38. LOOKING DOWN AT THE WATER.-.** Now, move the weight forward onto the right leg, flattening the right foot and raising the left heel , still standing tall. You are leaning forward at a gentle angle to look down into the water. Your arms have fluttered down behind you and your palms are fluttering in towards hauntiao/ buttocks. Look down and forward a little-take a few breaths.
- 39. SWOOPING OVER THE WATER-** a straighten up your torso, lifting your fluttering hands up to shoulder height and turn your face and arms 45 degrees to the right, fluttering your hands. Your weight is on the right leg standing tall and left leg is on toes behind you giving balance. From the right, we swoop in an arc downwards fluttering our hands across our waist to the left. Now we have switched the weight on to the left foot, sitting back on that leg. Continue to flutter the hands back up to shoulder height at an angle of about 20/30 degrees behind you to your left. Repeat this movement.
- 40. DRINKING THE WATER-** Face back to the front- “goose” stepping forward with the left foot and sit your weight on the right leg at back. Continuing to Flutter your hands, spread your arms out to the sides at shoulder height palms facing down. Now bend down from the waist and push your fluttering hands down the sides of your body towards and then away from your feet. Rise back up, keeping your legs in the same position and repeat for a total of 3 times.
- 41. LOOKING AT THE SKY.** After the last movement stand up tall on the left leg, right leg relaxed. At the same time, raise your arms above your head , palms facing forward, hegu points facing in towards each other, keep fluttering the hands.
- 42. RECOVERING THE QI.-** Bring the right foot forward to stand with feet parallel and shoulder width. Bring the fluttering Hands down to face the lower dantian / belly. Still the hands and take a deep breath. Touching the fingertips gently against the belly , quiver the fingers. Repeat a total of 3 times.