

WILD GOOSE Qi GONG



Wild Goose Movements 43 to 52

43-44. Grasping the qi.- Lift the right hand to grasp qi from the sky at about eye level. The palm is facing down and the 4 main fingers are gently touching. The hand forms a goose head. Bring the qi back by closing the hand and placing hegu onto the stomach meridian under the collarbone. Alternate between left and right hand for a total of ten. Then use the hand with palm facing up and put the qi into the stomach channel about an inch lower and placing hou xi / pinkie side of hand against the chest. Start with right hand and alternate with left for a total of 10 times. Make sure that one hand is always touching the chest as the other hand grasps qi.

45. Holding the qi ball- Relax the hands and with palms facing towards you, gently lift them up in front of your face. Bring them above your head and, bending forward and down with straight legs, continue to bring your hands round in a great circle so that you are facing the ground and holding a giant ball.

46-47 Rotating the Qi ball:- From the previous position, rotate to the left bending your knees slightly, still holding the ball. Draw the right hand above the left and condense the ball and lift it up to your left hip. Now rotate the ball by turning left hegu out the way and right hegu in the way, then relaxing your wrists to let the hands return to original position. Slowly turn to the right hip and continue to rotate the ball 10 times. Now switch hands over and rotate the ball 7 times back to the left and 3 times back to the middle. Bottom hand always spins out and top hand spins in. You can watch Master Chen perform all the movements from 37 to 64. Very easy to see what is going on.

48. Holding the Qi:- Now move hands to hold the ball in toward the belly, then lift them all the way up to your head (with fingers loosely pointing down) and then make a great circle, returning/bending back down to hold the "big. " ball of qi. Simply bend your knees and lift the ball of earth/ yin qi effortlessly up to the chest (.stomach point below collarbone) level. You are in the horse stance now, sitting down on an invisible horse! Stay here for a couple of breaths.

49. Distributing the Qi:- Now we distribute the qi by lifting the qi up to the third eye point, back to the chest/stomach point and then the lower dantian. Palms are facing in and hold each point for a breath.

Continued...

- 50. Thrusting out the wings:-** Keeping your legs straight (or bend if stiff) draw the qi down the inside of the legs to your feet. Then sweep the qi outwards keeping your hands loose and palms facing down. Draw up in front of you with arms straight out up to stomach point/under collarbone. Now draw your elbows back bringing your hands towards the chest. At the same time, turn your hands around, lift up on to the balls of your feet then release the qi by pushing out and upwards and stamp your heels on the ground. Hold for a second.
- 51. Turning over the wings:-** Relax your hands and form the plum blossom.
- 52. Bring the wings to the back:-** Draw the arms behind you and touch hegu against the kidneys (hands still in plum blossom). Rotate the hands against the kidneys 3 times then take a breath. Repeat this 3 times. Relax the hands and bring them around to face into the lower dantian.

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