

## DAYAN QIGONG 64 MOVEMENTS

1	Starting Form
2	Stretch Wings
3	Close Wings
4	Push and Set the Wings
5	Shake Upper Arms
6	Push and Set the Wings
7	Shake Upper Arms
8	Lift
9	Close Hands
10	Turn Hands Over
11	Bend
12	Turn Hands
13	Restore Qi
14	Push Left Forefoot (3 Times)
15	Push Qi
16	Scoop Up the Qi
17	Turn Around and Restore Qi
18	Push Right Forefoot (3 Times)
19	Push Qi
20	Scoop Up the Qi
21	Turn Hands
22	Wave Hands Like Clouds
23	Rinse Waist
24	Drop Arm to Recover Qi
25	Stretch Single Wing
26	Step Up and Raise Arm
27	Wrap Head to Ear
28	Push Down
29	Hold Up
30	Restore Qi
31	Drag Moon From Water
32	Turn Around

33	Step Up and Look at the Palm
34	Look At the Moon
35	Push Qi
36	Turn and Push Qi
37	Swim
38	Bird's eye View of the Water
39	Fly Over Water
40	Drink Water (3 Times)
41	Look at the Sky
42	Restore Qi
43	Grasp Qi
44	Grasp Qi (Palms Up)
45	Hold the Ball
46	Massage the Ball
47	Turn and Massage the Ball
48	Hold the Qi
49	Penetrate Qi
50	Raise Arms
51	Turn Wings
52	Put the Wings on the Back
53	Fly Up (7 Times)
54	Turn Around
55	Fly Up
56	Fly Over Water (7 Times)
57	Turn Around
58	Fly Up
59	Searching for Food (7 Times)
60	Turn Around
61	Seeking Nest (7 Movements)
62	Turn and Swim
63	Sleep Peacefully and Restore Qi
64	Closing Form