



崑崙大雁氣功綿掌 Kunlun Dayan Qigong Cotton Palm (Mian Zhang)

Cotton Palm is one of the Kunlun Dayan System's Mid Level Skills. It helps us release the negative, sick, poisoned and bad Qi. It detoxifies the body and in particular the negative Qi inside the bones. This form is soft inside and strong outside. It has two other skills related to it. One is Cotton Sword 綿劍 and the other is Cotton Fist 綿拳. All together we call them the "Three Cotton Skills 三綿功法". Cotton Palm is quite a fast form and only takes 1 or 2 minutes to finish it. After having learnt this skill, in three months we should practise three times a day and three times in each practise. In the morning 7:30am, afternoon 1:30pm, and evening 7:30pm is best, because we can collect the morning, afternoon and evening Qi. Three times can strengthen the internal body more. Also because the form is dynamic and fast, beginners should take it easy. After we are familiar with the form we can practise it faster and little bit stronger. It not only clears up the toxins, it also opens up the channels and acupuncture points. It is a very old form, when we practise we follow the Taiji Symbol, one side Yin and one side Yang. It also follows the nature and this is the principle of the Dayan Qigong System.

1. 預備式 Relaxing Position
2. 出掌 Issuing Palm
3. 背掌 Back Palm
4. 直掌 Straight Palm
5. 回掌 Returning Palm
6. 插掌 Inserting Palm
7. 托掌 Supporting Palm
8. 亮掌 Showing Palm
9. 繞掌 Circling Palm
10. 旋掌 Spiralling Palm
11. 穿掌 Going through Palm
12. 拍掌 Slapping Palm
13. 三蹲接地氣 Gathering Qi by Bending Down Three Times
14. 蹲掌 Squatting Palm
15. 護心掌 Protecting the Chest Palm
16. 捧掌 Holding Palm
17. 拍掌 Slapping Palm
18. 纏掌 Twining Palm
19. 陰陽三拍掌 Yin and Yang Three Slapping Palm
20. 盤腿掌 Crossing Legs Palm
21. 退繞掌 Backing Around Palm
22. 單撐掌 Single Supporting Palm
23. 推掌 Pushing Palm
24. 踩掌 Chopping Palm
25. 合掌 Closing Palm
26. 抬掌 Lifting Up Palm
27. 回掌 Returning Palm
28. 收掌 Collecting Palm (Shou Gong)

Tse Qigong Centre

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(All names translated in 1993 by Michael Tse)