



Wild Goose System: Volume 1 - 1st & 2nd 64 Action Forms

David Deich, Shane Lear NCTMB

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Hidden from the public for all but the last 30 years of its 1700 year history, the Wild Goose (Dayan) system has emerged as one of China's premier martial and healing arts.

This volume covers the heart of the system - the first two 64 part qigong forms. These two amazing forms are the basis for all the martial and healing work contained in Wild Goose. If you are searching for an insightful guide into the Chinese internal arts, look no further. (Revised Edition)

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