

## The Wild Goose (Dayan) System

There are literally hundreds of Chinese martial and healing systems, but one of the most widely acclaimed is the ancient Taoist Kunlun system known as Wild Goose or Dayan. The system takes its name from the Bar Headed Goose which breeds in Central Asia and has a natural range covering Burma, China, India, Pakistan, and Russia. It is the world's highest altitude migrant, making flights over Mt. Everest in the Himalayas and has been seen at altitudes more than 33,000 feet. It can cover over 1000 miles per day by utilizing the high-speed winds of the jet stream. They can legitimately be classed as a "super bird" with tremendous strength and aerobic capacity. Their graceful movements and efficient use of energy make them great symbols for both healing and martial arts.



The tradition of the system is that it began with Dao An (birth name Wei), who was born during the Jin Dynasty in 311 C.E. in the Fu Lin Village, Chang Shan County, Hebei Province. Orphaned at an early age, Wei received a Confucian education until his 12th year when he entered a Buddhist temple to live and study. In addition to being a great scholar and translator, Dao An was a keen observer of nature and was said to have developed the movements of the system by watching the movements of the wild geese.



Wild Goose was hidden and passed from person to person within the Taoist tradition until 1980 when it was opened to the public by the 27th generation lineage holder Yang Meijun. Yang Meijun learned the art from her grandfather, the 26th generation lineage holder, Yang De Shan. Yang Meijun's training began at the age of 13 and remained secret, even from many of her family members, until she was well into her 80s. This was in keeping with her grandfather's admonition that she could not teach the art until she was at least 70. At the age of 99 Yang Meijun decided it was time to pass on the mantle of leadership and appoint a new lineage holder.

Accordingly in 1998 Yang Meijun appointed her eldest son Chen Chuan Gang as the 28th generation lineage holder. The announcement of the succession was covered in the China Qigong Science Magazine. See the article and translation below.

## 陈传刚展示第 28 代大雁功 新传人风采

由国家体委等六部委审定的第一批功法之一——大雁功,由于其 27 代传人——为广大功法爱好者熟悉的杨梅君老人已届 99 高龄,

再出面传功授法诸多不便,故杨梅君日前宣布,由大雁功 28 代传人陈传刚先生履行传功授法职责。

陈传刚先生现年 72 岁,是离

体的正师职干部,跟随杨梅君老人数十年,深得大雁功内在奥秘,是杨梅君心传身授的真传弟子,完全可担负起传播大雁功的重任,为人民身心健康作出其独特贡献。据业内人士宣布,1998 年春末夏初,杨梅君老人和其传人陈传刚将联袂合作,推出大雁功系列录相带,由中国青年出版社筹划、拍摄、发行。

### **“Chen Chuangang Shows His Presence as the 28th-Generation Successor of Dayan Qigong”**

*“Dayan Qigong is one of the Qigongs approved by six ministries including Physical Culture and Sports Commission of the PRC. The 27th-generation successor of Dayan Qigong is Mrs. Yang Junmei who is a familiar master among Qigong amateurs. However, Mrs. Yang is too old to teach Qigong by herself at the age of 99. Therefore, she recently announced that Mr. Chen Chuangang, the 28th-generation successor would perform the duty to teach Dayan Qigong.*

*Mr. Chen Chuangang is a retired division-ranked cadre at 72 years old now. Following Yang Meijun for tens of years, he has mastered the inner mysteries of Dayan Qigong. As the authentic pupil taught by Mrs. Yang, he is completely capable of bearing the responsibility to spread Dayan Qigong and make his specific contribution to people’s physical and psychological health. It was announced by an insider that Mrs. Yang Meijun and Mr. Chen Chuangang, her successor would cooperate to publish a series of videos about Dayan Qigong in late spring and early Summer of 1998. It was planned, shot and published by China Youth Publishing House.”*

Following Yang Meijun’s passing in 2002 at the age of 106, Grand Master Chen Chuan Gang continues as the 28th generation lineage holder of the Dayan system.



The system is very broad, encompassing both healing and martial methods (including weapons). Overall, Wild Goose contains some 72 different forms – the foundations of the system being the first and second 64-part forms. The entire system has three major branches, martial, healing and meditation.

The martial branch includes striking, locking, and downing applications as well as weapons. The healing aspects of the forms can be profound with anecdotal evidence that it has been effective against a long list of ailments. It has also been the subject of research in China from such organizations as the Chinese Qigong Research Society. All of the branches spring from the foundation created by the first two forms, which are healing qigong routines that establish physical and energetic balance.

It is important to know that this is not a static system, but rather a system that has continued to develop as it has passed from master to master for 1700 years. The result is that today it represents a profound store of knowledge with tremendous potential – particularly for healing.

Our own lineage stems from several places, first is from Sifu Shane Lear. A long-time student of the martial arts and energetic healing methods, Sifu Lear holds black belts in multiple martial arts and multiple certifications in massage and acupuncture healing. He began studying with Grand Master Chen in 2009. Sifu Lear has been tasked directly by Grand Master Chen to teach others about the Wild Goose system, with particular emphasis on North America. In June of 2015 Sifu Lear was inducted by Grand Master Chen as an “inner door” student. David Deich is a Master Instructor in the Dayan Arts® Group. Shane and David are co-founders of the Dayan Arts® Group. David and Rose have both trained directly with Grand Master Chen in China and David was inducted as an “Inner Door” student with Grand Master Chen in April of 2019.

