



# Wild Goose System - Volume II: Meditation & Meridian Patting Forms

*David Deich, Shane Lear*

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Hidden from the public for all but the last 35 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 three forms - Seated Meditation, Standing (Water & Fire) Meditation and Meridian Patting. Each form is valuable on its own; all three become potent energy superchargers when used in conjunction with the system's core forms, the 1st and 2nd 64.

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