



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

By 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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Editorial Review

About the Author

Shane Lear -

Shane Lear has studied the Martial Arts since High School. He was promoted to Black Belt and opened his first dojo in 1991. Since then he has studied multiple arts and currently holds Black Belt rank in five systems, the highest being 7th Degree Black Belt in Ryukyu Kempo Karate. In addition to frequently attending and presenting seminars in the United States, his search for knowledge has taken him to many parts of China including Beijing, Hong Kong, Wuhan, the Wudang Mountains, and the Shaolin Temple, as well as Tokyo, Japan. He has made several trips studying various subjects including, Tai chi, Kung Fu, Qigong (Medical and Martial), Acupressure, Acupuncture, Massage, Meditation, and TCM practices. Shane has received training from several prominent Martial Arts instructors including Grandmaster Chen Chuan Gang and several Master and Grandmaster monks at the Shaolin Temple. Shane is also a student of the Healing arts. He is a State of Ohio certified Licensed Massage Therapist (LMT). He also holds a Master and Instructor certificate in Acupressure from the G-Jo Institute and a TCM massage certificate from the Tongren Hospital in Beijing, China. Shane is also a certified Yoga instructor. He is currently studying Acupuncture and TCM practices.

David Deich -

Dave Deich has been a student of mind-body disciplines for over 40 years. He holds a 7th degree Black Belt in Ryukyu Kempo Karate and a 5th degree black belt in Taekwondo in addition to being a long time practitioner of TaiChi Chuan, Qigong and Meditation. He is also a Reiki master level practitioner and an ACE certified personal trainer. He is the author of the books *Live Like a Black Belt – A Guide for Seekers*, *A Path to Black Belt – The How and Why of Martial Arts Training* and of *The Eight Pieces of Brocade Qigong*.

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