

HK Energy Toning Movements

Repeat each cycle of movements at least 7 times or until you get a yawn.

Right hand = Red
Green Circles = start and finish

GOVERNING MERIDIAN

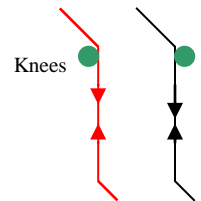
Right BODY Left

SITTING: Do both hands together

START & FINISH: Hands on knees

Slide hands in opposite directions, so the right hand goes down the shins over the toes whilst the left hand goes up to the top of the thigh. keeping contact with the body all the time.

Now reverse the movement so the right hand goes up the shin/thigh to hip, whilst the left hand slides down the thigh/shin and over the toes, then the hands return to the knees

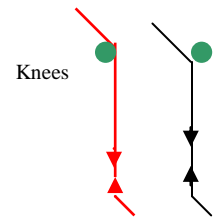


CENTRAL MERIDIAN

SITTING: Do both hands together

START & FINISH: Hands on knees

Slide both hands simultaneously down the shins and over the toes then back up the legs to the hips and back to the knees



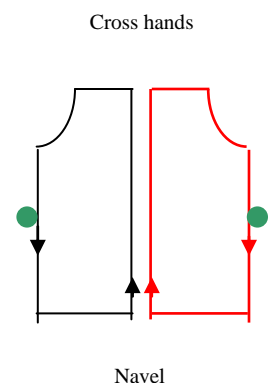
GALL BLADDER/LIVER MERIDIANS ("Waistcoat")

STANDING: Do both hands together

START & FINISH: Hands crossed to opposite side at bottom of the rib cage

Slide hands down the sides to the waist across to navel then up the centre to the collarbone.

Cross the arms again to the opposite shoulder (left hand on right shoulder/right hand on left shoulder), down round the inside of the "armhole" and down to the bottom of the ribcage again



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BLADDER/KIDNEY MERIDIANS ("Trousers")

STANDING: Do both hands together

START & FINISH: Both hands on the navel

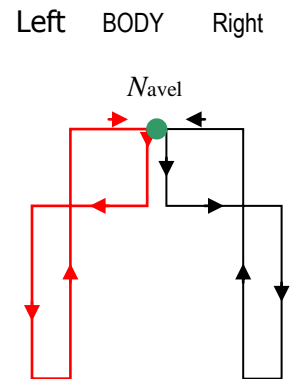
Straight down to the pubic bone

Slide out to the hip

Down the sides of the legs to the knees, round behind the knees

Slide hands up the back of the legs to the hips

From the back of the hips round to the navel again



LARGE INTESTINE MERIDIAN ("Shirt with gloves")

SITTING: Right side only with left hand

Start & Finish: Left hand on upper breast bone

Left hand on upper breast bone slide hand out to right shoulder

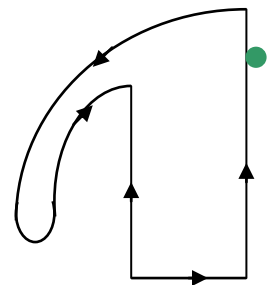
Down the outside of the right arm to back of the right hand

Keeping contact side over the fingertips and palm

Then slide up the inside of the right arm to the armpit

Down the side of the ribs to the waist, and across to the navel,

Up the midline to the upper breast bone



LUNG MERIDIAN

SITTING: Left side only with right hand

Start & Finish: Right hand on upper breast bone

Right hand on upper breast bone slide hand out to left shoulder

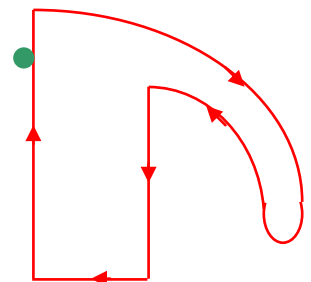
Down the outside of the left arm to back of the left hand

Keeping contact side over the fingertips and palm

Then slide up the inside of the left arm to the armpit

Down the side of the ribs to the waist, and across to the navel,

Up the midline to the upper breast bone



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STOMACH/SPLEEN MERIDIANS ("Triangles")

SITTING: Do both hands together

Start & Finish: Both hands on the navel

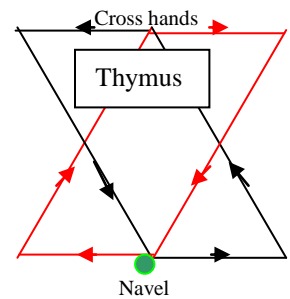
Cross the arms and slide the hands out to the opposite lower rib cage
(Left Hand to right rib cage/right hand to left rib cage)

Slide hands diagonally up to thymus

Cross arms again and go to top of the opposite shoulder

Left hand to right shoulder/right hand to left shoulder

Slide hands diagonally down to the navel



TRIPLE WARMER/CIRCULATION SEX

STANDING: Do both hands together

Start & Finish: Left hand on left breast, right hand on right breast

Slide hands straight down to the front of the hip at the pubic bone

Into the centre of the body and then straight up to the neck

Cross arms and go to the front of the opposite shoulder

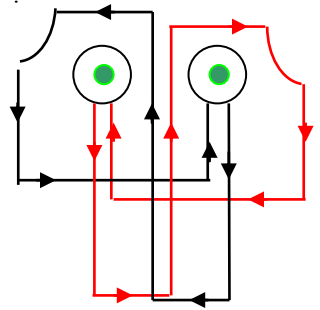
(Right hand to left shoulder / left hand to right shoulder)

Slide round inside armhole

Down to lower rib cage - arms still crossed

Uncross hands and back to starting place

(Right hand on right breast / left hand on left breast)



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SMALL INTESTINE/HEART MERIDIANS

STANDING: Do both hands together

Start & Finish: Hands placed together on middle of breast bone

Slide hands together up to top of the throat

Now slide the hands out to the opposite shoulders

Right hand on left shoulder / left hand on right shoulder

Slide hands down round the armhole to under the armpits

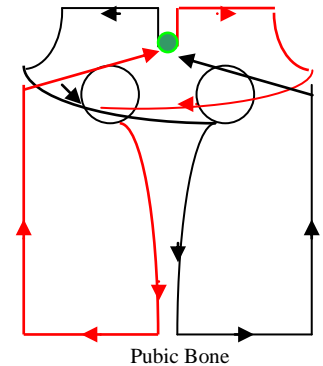
Now slide the hands across to the breast on their own side
(Right hand going to right breast / left hand to left)

Now slide the hands down midline of body to pubic bone

Slide out to the hips - right hand to right side / left hand to left side

Both hands slide up their side of the body to the armpit

then slide the hands diagonally across to mid-breastbone



ETM by Dr Jimmy Scott

Diagrams provided by Margaret Theaker 1996 and adapted by Rob Adams 1998