

# 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**

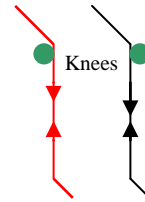
*SITTING: Do both hands together*

### **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

Right BODY Left

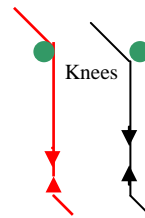


## **CENTRAL MERIDIAN**

*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



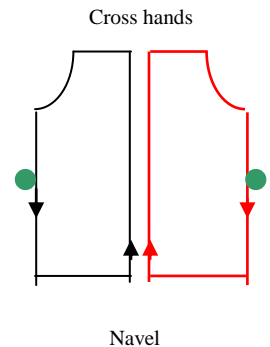
## **GALL BLADDER/LIVER MERIDIANS ("Waistcoat")**

*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

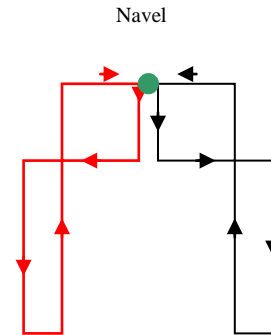
Slide out to the hip

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

Right BODY Left



## **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

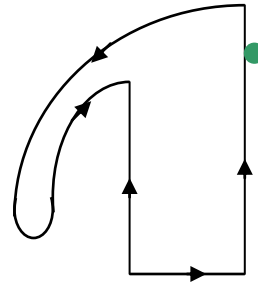
Down the outside of the right arm to back of the right hand

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

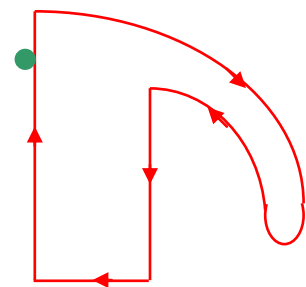
Down the outside of the left arm to back of the left hand

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**

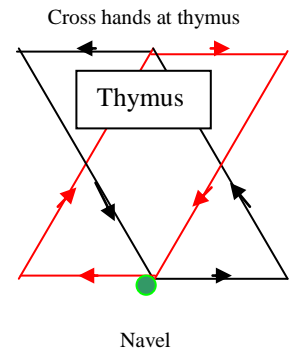
Cross the arms and slide the hands out to the opposite lower rib cage  
(Left Hand to right rib cage/right hand to left rib cage)

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

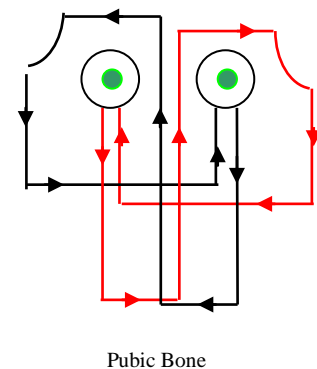
(Right hand to left shoulder / left hand to right shoulder)

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

Slide the hands diagonally across to mid-breastbone

