

HEALTH KINESIOLOGY ENERGY TONING MOVEMENTS™

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Element	Meridian	Position	Brief Description	Full Description
O	Gv	Sit	Hands on knees opposite directions	Place right hand on top of the right knee, left hand on top of the left knee. Move right hand toward foot along front of leg to the toes while simultaneously moving left hand the opposite direction on top of leg to hip. Reverse the process: right hand toward hip, left hand toward toes.
	Cv	Sit	Hands on knees same direction	Start as above, right hand over right knee, left hand over left knee. This time, both hands move in the same direction simultaneously: move both hands to the toes, reverse and move both hands towards the hips.
I	GB	Stand	Right hand: mid left side / down to belt-line / to midline / collar bone / shoulder / down to mid left side	Place right hand over midline of left side on lower left ribcage. Move downward to belt-line, to the right almost to the midline near the navel, up to collarbone, left to front of shoulder, and down again on the midline of the left side. Motion is in a clockwise direction.
	Liv	Stand	Left hand: mid right side / down to belt-line / to midline / collar bone / shoulder / down to mid right side	Mirror image of above, in a counterclockwise direction. Place left hand over midline of the right side, move downward to belt-line, to the left almost to the midline near the navel, up to collarbone, right to the shoulder, and down again on the midline of the right side. GB & Liv may be done simultaneously.
2	B	Stand	Left hand: navel / pubic bone / to side of left hip / side of leg to knee / back of knee / back of hip / navel	Place left hand beside the navel. Move hand down to pubic bone, left to side of left hip, down outside of leg to side of left knee, around behind knee, up to back of hip, back to navel. It is best to bend the knee when reaching down.
	K	Stand	Right hand: navel / pubic bone / to side of right hip / side of leg to knee / back of knee / back of hip / navel	Exactly the same movements as above but on the right side of the body. Place right hand beside the navel. Move hand down to pubic bone, right to side of right hip, down outside of leg to side of right knee, around behind knee, up to back of hip, back to navel. B & K may be done simultaneously. It is best to bend the knee when reaching down.
3	LI	Sit	Left hand: thymus / right shoulder / outside arm / over fingertips / armpit / down midline of side / navel / thymus	Place left hand over the thymus area. Move to the right shoulder, down the outside of the arm to the back of the right hand, over the fingertips to the palm, up the inside of the arm to the arm pit, down the midline of the right side to the belt-line, over to the navel, up to the thymus.
	Lu	Sit	Right hand: thymus / left shoulder / outside arm / over fingertips / armpit / down midline of side / navel / thymus	Exactly the same movements as above but on the left side. Place the right hand over the thymus area. Move to the left shoulder, down the outside of the arm to the back of the left hand, over the fingertips to the palm, up the inside of the arm to the arm pit, down the midline of the left side to the belt-line, over to the navel, up to the thymus.

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4	St	Sit	Right hand: navel / left side / thymus / left shoulder / navel	Place right hand over the navel. Move to the left lower ribcage, diagonally to the thymus, over to the front of the left shoulder, back to the navel. This is a figure 8 motion.
	Sp	Sit	Left hand: navel / right side / thymus / right shoulder / navel	Exactly the same movements as above but on the right side. Place the left hand over the navel. Move to the right lower ribcage, diagonally to the thymus, over to the front of the right shoulder, back to the navel. St & Sp may be done simultaneously. A mirror image of above figure 8.
5	TW	Stand	Left hand: left breast / straight down to left groin area / midline / neck / right shoulder / lower right rib cage / left breast	Place left hand over the left breast. Move straight down to the left groin area, over to midline, up to the base of the neck, over to the front of the right shoulder, to the arm pit, down to lower right ribcage along midline of side, back to left breast.
	Cx	Stand	Right hand: right breast / straight down to right groin area / midline / neck / left shoulder / lower left rib cage / right breast	Exactly the same movements as above except to the opposite side. Place right hand over the right breast. Move straight down to the right groin area, over to midline, up to the base of the neck, over to the left shoulder, to the arm pit, down to lower left ribcage along midline of side, back to right breast. TW & Cx may be done simultaneously.
6	SI	Stand	Left hand: breastbone / neck / right shoulder / armpit / right breast / left breast / navel / pubic bone / side of left hip / armpit / breastbone	Place the left hand over the middle of the sternum (breastbone). Move up to the base of the neck, over to the front of the right shoulder, to the armpit, over to the right breast, across to the left breast, down and over to the navel, down to the pubic bone, over to the midline of the left side, up to the arm pit, over to the sternum.
	H	Stand	Right hand: breastbone / neck / left shoulder / armpit / left breast / right breast / navel / pubic bone / side of right hip / armpit / breastbone	Move in exactly the same way as above but to the opposite side. Place the right hand over the middle of the sternum (breastbone). Move up to the base of the neck, over to the front of the left shoulder, to the armpit, over to the left breast, across to the right breast, down and over to the navel, down to the pubic bone, over to the midline of the right side, up to the arm pit, over to the sternum. SI & H may be done simultaneously.
Typically each movement is continued for about 20 to 30 seconds, or 7 repetitions. More may be desired				

THE HK ENERGY TONING MOVEMENTS™ were developed by Jimmy Scott, Ph.D.

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