

Body Thumping:

Start at the lower Dan tien using an open hand pat deeply around the navel 9 times in both directions.

Move toward the back and follow the belt channel. Come back to lower Dan tien. (Do this three times.)

Follow the belt channel again, this time rising up to the kidneys using the hands shaped like a 'C.' gently thump 9 times then come back to lower Dan tien.

Go down the crease of the legs several times; using the pinky side of your hand or a soft fist making sure you return to the belt channel height (Do this three times).

Now using a soft fist hit the buttocks multiple times, then go down the outside of the legs, to the ankle, across the toes/foot.

Using an open hand come up the inside of the legs.

Now you are back at the lower Dan tien, using an open hand pat deeply around the navel three times.

Move toward the back and follow the belt channel. Come back to lower Dan tien. (Do this three times.)

Follow the belt channel again, this time rising up to the kidneys using the hands shaped like a 'C.' gently thump 9 times then come back to lower Dan tien

Now, using your open right hand, cross mid-line and come up the left side, into the valley above the breast and over the shoulder.

Using your open right hand go down the inside of your left arm, all the way to the fingertips. Cross over to the top of your left hand and use either a soft fist or an open hand to go up the outside of your left arm. Come across the shoulder, into the valley above the breast, back down the side and return to lower Dan tien.

Now switch hands. Using your open left hand, cross mid-line and come up the right side, into the valley above the breast and over the shoulder. Using your open left hand go down the inside of your right arm, all the way to the fingertips. Cross over to the top of your left hand and use either a soft fist or an open hand to go up the outside of your right arm. Come across the shoulder, into the valley above the breast, back down the side and return to lower Dan tien with open hand pat deeply around the navel 9 times in both directions.

Comb through skull starting at the hair line with the little finger very close to one another and ending at the base of the skull. Separate hands comb again from hair line to base of skull. Then separate one more time and comb side of head around the ears to the base of the skull (Do this 3 times).

Then bounce from 5 to 10 minutes