Meridian exercise

Created based on "Hongguang Meridian Operation

"The Meridian Exercise is created by Sun Ke based on the "Hongguang Meridian Exercise." It incorporates the Zhongliba people’s “beating stomach meridian method” and Qu Limin’s “ten-finger collision method” and so on. It has the magical effect of exercising the human body’s 14 meridians. Every movement and acupuncture point of this exercise affects the human body. The role of dredging, physical therapy and health care, and with different music, enables you to complete various actions in a relaxed and happy state. As long as you persevere and insist on doing "meridian exercises every day, you will receive good results."

Section 1. Tapping both palms up against one another cures all diseases: (The palm of the hand is equivalent to the internal organs of a person, and the back of the hand is equivalent to the back bone of a person. This slap technique is equivalent to slap the back and the meridians in front of the person. It has a regulating effect on the Ying and Yang meridians, and the back of the opponent green tendons and dark spots have a very good relaxation effect.)

 Section 2. Flapping of the three ying meridian; Slaps the hands Sanying meridian (inner part of the arm, finger to the shoulder) for upset, chest tightness, heart diseases, very good relief. Slapping Sanyang Meridian (outer part of the arm, finger to the shoulder) has a very good therapeutic effect on neck pain and arm pain.)

Section 3. The cold three points through the wind house – back of the neck,(Shufengfu is a very good acupuncture point for preventing colds.)

Rubbing in the Su Li. (Rubbing the philtrum, is also a very good acupuncture point for cold prevention.)

Rubbing Dazhui (diagonally through the back of the neck) is very good for people with cold feet, hands and cold all over the body. Frequent rubbing of these three acupoints can prevent and treat rhinitis.)

The fourth quarter slaps the shoulders. (Patting the shoulder well and eight feet (spine and tailbone), for depression of liver qi and urogenital diseases. The disease has a very good relieving effect.)

Section 5 Rubbing sides of the abdomen with both hands. (Dabao is the first major collateral point of the human body. Frequent rubbing is so strange that it relieves the collaterals throughout the body and eliminates fatigue and the role of labor.}

Section 6. Rocking arms like windmill can prevent stroke and skin allergies, and it can also effectively prevent the occurrence of frozen shoulder.

Section 7. Rubbing of the ears to strengthen the kidney method. (The big orifice of the kidney is in the ear. As the saying goes, having big ears and the kidneys are strong. This method has a very good kidney-tonifying effect.

Section 8: is about Yuanmingmen. (These two acupoints Ren and Du - Ren Vessel controls blood, Governor Vessel controls Qi, **open up "Conception Vessel" and "Governor Vessel"** (open **up** Ren Du two channels) can improve physical fitness and strengthen muscles and bones. Pat Stomach and back to support each time, can very well activate our Ren and Du channels, and can also regulate Ying and Yang and increase immunity.)

Section 9. beat Heguhouxi. Two fists, with thumbs knock at lower end, and diagonally upper end with two fists - little finger side, knock against each other(Hegu point: Disperse wind and clear heat, refreshes the brain and resuscitation, regulates qi and blood, and relieves all pain. Houxi Point: Xingshen, Tongyang. It is very good for people with headaches, backaches, and sore throats helping effect.)

Section 10: Stomach Meridian. (Patting the stomach meridian can promote blood circulation in the face, refresh, and achieve beauty effect. The stomach governs digestion, and the stomach is the foundation of acquired life. patting the stomach meridian frequently to improve Human digestive function.)

Section 11. Flapping foot Sanying and Foot Sanyang Meridian – front and back of the feet. (It can pass the meridians and activate the collaterals, enhance blood circulation, and can effectively prevent foot numbness and foot pain.)

Section 12. shakes three times a day. Shake three times a day and live to ninety-nine. Keep doing to enhance physical fitness and delay aging. Relax your whole body, people with low blood pressure throw it on top; people with high blood pressure throw it down; blood Squeeze normal people evenly.

Section 13: Ten fingers collided. (The tip of the ten fingers is the weak part of the blood circulation. The collision of the fingers can accelerate the blood circulation. Good for the heart and brain.)

经络操

根据“洪光经络操􏰀創编

“经络操􏰀是孙克根据“洪光经络操􏰀进行创编的。它融入了中里巴人的“敲打胃经法􏰀和 曲黎敏的“十指相撞法􏰀等，有锻炼人体十四条经络的神奇作用，此操的每一个动作和穴位 都对人体起着疏通、理疗保健的作用，並配有不同的乐曲，使你在轻松愉快的状态下完成各 项动作。只要持之以恒，坚持每天做“经络操􏰀，你就会收到良好的效果。

第一节 拍打治百病。(手掌相当于人的五脏六腑，手背相当于人的腰背骨，这种拍打手 法相当于将人的后背与前面的经络都拍打了，对于阴经、阳经有 调节的作用，而且对手背的青筋、黑斑都有非常好的舒通作用。) 第二节 拍打手三阴经 拍打手三阳经。(拍打手三阴经对心烦、胸闷、心脏各种疾病有

非常好的缓解作用。拍打手三阳经对颈项痛、 手臂痛都有非常好的治疗作用。)

第三节 感冒三穴通 搓风府。(搓风府是预防感冒非常好的穴位。)
 搓人中素髎。 (搓人中素髎(鼻子头)同样是预防感冒非常好的穴位。) 搓大椎。 (搓大椎，对于伤风感冒及全身怕冷的人士有非常好的作

用。经常搓这三个穴位，对鼻炎有预防和治疗的效果。)

第四节 拍打肩井八膫。(拍打肩井八膫(脊椎尾骨)，对于肝气忧郁及泌尿生殖系统疾 病有非常好的缓解作用。)

第五节 双手搓大包。(大包是人体第一大络穴，经常揉可奇到舒通全身络脉，消除疲 劳的作用。)

第六节 摇臂打风市。(经常打风市，有预防中风、皮肤过敏的作用，还可以有效预防

肩周炎的发生。)
 第七节 耳部强肾法。(肾大窍于耳，俗话说耳大肾强大，此法有非常好的補肾作用。

第八节 拍关元命门。(这两个穴位同属于四大强壮穴，这样拍打就可以很好地活跃我 们的任、督二脉，还可以调节阴阳，增加免疫力。)

第九节 捶合谷后溪。(合谷穴:疏风清热、醒脑开窍，通调气血，缓解一切疼痛。 后溪穴:醒神、通阳。对头疼、腰疼、咽喉疼的人有非常好的帮助作用。)
 第十节 拍打胃经。 (拍打胃经可以促进面部血液循环，使人精神焕发，达到美容的 效果。胃主消化，胃为后天之本。经常拍打胃经，有意于改善 人体消化功能.)

第十二节 一天抖三抖。 (一天抖三抖，活到九十九。坚持做柯增强体质，延缓衰老。

 全身放松，血压低的人在上面甩;血压高的人在下面甩;血 压正常的人均匀甩.)
 第十三节 十指相撞。 (十指尖是血液循环的薄弱部位，十指相撞可以加速血液循环，

对心脏和大脑很有益处。)