

# “Ten Hand Tricks” system

By Gerald Chan

**W**ith our lives becoming increasingly complex and busy, not everyone has the time to go to the gym or other exercise facilities. In search of simple health maintenance techniques, I discovered the “ten hand tricks” system. It is really simple to learn, requires only two and a half minutes to complete, does not need any equipment or facility, and can be performed at any time practically.

The “ten hand tricks” system originated in China. It is based on the traditional Meridian theory. Each movement stimulates a certain acupoint and thus could alleviate some ailment or produce a beneficial effect on the corresponding organs.

## Trick 1

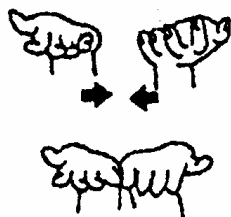
- Reach out both arms with elbow slightly bent.
- Form fists with palms facing downward and the thumbs on the inside.
- Strike both fists against each other 36 times.
- Keep both arms parallel.



*Note: This trick stimulates the “Hegu (LI4)” acupoint which is a part of the Large Intestinal meridian. It could cure or prevent ailments related to the face and the mouth, like unclear vision, Sinusitis, toothache, headache, and flu.*

## Trick 2

- Reach out both arms with elbow slightly bent.
- With palms facing upward, strike both hands against each other 36 times at the edge.



- Keep both arms parallel.

*Note: This trick stimulates the “Houxi (SI3)” which belongs to the Small Intestine meridian. It could relieve pain in the neck and head, relax their muscles, and prevent bone degeneration and gout.*

## Trick 3

- Place both palms facing upward and strike them against each other 36 times at the base.



*Note: This trick stimulates the “Daling (PC7)” which belongs to the Pericardium meridian. It could heal and prevent ailments like cardio-vascular disease, chest discomfort, and tension.*

## Trick 4

- Face both palms downward with them cross at the thumb and index finger area.
- Strike palms against each other 36 times at the crossing.



## Trick 5

- Cross all fingers on both hands.
- Strike both palms against each other with all fingers crossed.



*Note: Tricks 4 and 5 stimulate the “Baxie (EX-E9)” acupoints, the junction points of all the fingers just below the knuckles. It promotes blood circulation in the hands and feet.*

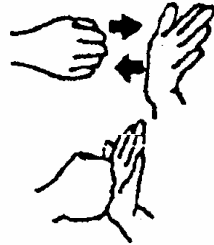
### Trick 6

- Open up the right palm and strike the left fist against it 36 times.
- Use the front of the fist.



### Trick 7

- Open up the left palm and strike the right fist against it 36 times.
- Use the front of the fist.



*Note: Tricks 6 and 7 stimulates the "Laogong (PC8)" acupoint, which is a part of the Pericardium meridian. It heals fatigue and re-energizes the body.*

### Trick 8

- With the right palm facing upward and left palm facing downward, strike them against each other 36 times at the base.



*Note: Located at the base of the Palm is the "Yangchi (SJ40)" acupoint, which is a part of the Sanjiao meridian. It regulates the internal organs and alleviates Diabetes.*

### Trick 9

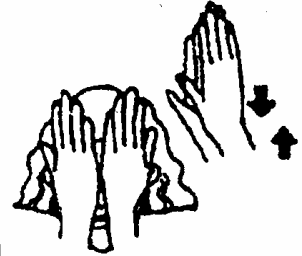
- Use both the thumb and the index finger to pull the ear lobe 36 times on each side.



*Note: There are many acupoints located at the ear lobe area. This exercise increases blood circulation in the eye, face, and the brain.*

### Trick 10

- Rub both hands 6 times until they warm up.
- Cover both eyes with the palms and rotate the eyes 6 times to the left and 6 times to the right.
- Repeat the whole thing 6 times.



*Note: This exercise regulates the eye functions like near-sight, unclear vision and presbyopia (aging eye).*

### Ending exercise

- After completing the ten tricks, rub both palms until they get warm. Massage the face, the back or any discomfort areas.

As always, persistence is always the key for good results.

### From the editor:

These "Ten Hand Tricks" can be practiced independently or incorporated into the relaxation exercise that we perform before meditation.

With the latter exercise, the number of times practiced on each trick may be less, depends on how much time you can afford. Have fun.

*Disclaimer: Huayen Buddhist Community - Toronto Chapter will not be liable for any physical injuries or damages caused by doing the "Ten Hand Tricks" exercise. Please be cautious of your own health conditions & consult your physician if you have any doubts.*