

China Hand Kung Fu Academy

Thymus Tap Exercise:

The Exercise

Fist either hand loosely. Tap the fist on the chest, between the nipples in the center. The first tap is heavy, followed by two taps that are a little lighter. There is a pause between the first and second tap. So, the pattern is: tap, pause, tap, tap.

The tapping should be heavy enough to make a drumming sound in the chest. It is the vibration caused by tapping which helps improve thymus gland. Breathe naturally as you do the exercise focusing on your breathing the entire time.

You can practice first thing in the morning or at night just before bed, as your thymus is most active 90 minutes after you fall asleep.

You should do this tapping pattern for a minimum of 20 sets of 3 to a maximum of 5 minutes. This should be done everyday.

Benefits:

This exercise stimulates the thymus to produce T-cells that are the primary immune fighting factors. The vibrating draws blood and energy into the thymus to help nourish it. In addition, the vibrations will also massage the lungs, heart, bronchial tubes, and throat.