

KiD – Resistance training in stretched positions (Kraft in der Dehnung)

Meridian exercises with focus on breathing



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## Basic exercises

### A

Imagination  
breathing lying  
down

Even though this first exercise seems of no consequence, it is, according to Shizuto Masunaga, the most important of all. „Unfortunately“, he said, „you westerners don't understand the concept of deep breathing and relaxation, which is why you have to do the other exercises“.



Take deep breaths, fill your whole body with air, from belly (beneath the belly button)- to chest.

Exhale sloooowly.

Repeat 3-5 times, until body and mind become calm.

This relaxation exercise may be repeated between the different exercises.



Alternative execution: Standing up.

## B

Basic exercise

Meridian:

Conception  
vessel

Position

- Hands beneath buttocks or stretched back
- Squeeze buttocks together
- If possible without pain, bend your body backwards

KID

- **Hold your weight against gravity**
- **Slightly tense muscles, as to stretch the body, but without movement. Hold for a few seconds. (21-22-23)**
- **Take a deep breath to enhance tension. Hold for a few seconds (21-22-23)**
- **Exhale, while your body utelizes its newfound freedom to lean back a little further.**



2-3 repetitions

## BZ

Additional exercise

Meridian:

Conception  
vessel



Support your body with hands and balls of your feet (slight bend at the hip).



Gently sink hips towards the ground. This exercise can be repeated several times. If you wish, end by repeating the basic exercise.

2-3 Repetitions

# C

Basic exercise

Meridian:

Governing vessel



Position

- Gradually bend upper body forward – more tension in the back, less in the legs

KID

- Clasp your hands on the back of your thighs
- Upper body tries to bend further against the resistance of the hands, but no movement takes place. Hold for a few

seconds (21-22-23)

- Take a deep breath to enhance the tension. Hold for a few seconds (21-22-23)
- Exhale, while the body utilizes its newfound freedom to bend forward a little more – without effort.

Repeat until no further extension occurs, at least three times.



## CZ

Additional  
exercise

Meridian:  
Governing  
vessel



- Sit up straight, comfortably straddling.
- Hands clasped behind your neck.
- With the aid of gravity, let your upper body gently sink toward the ground. Keep your back rounded.
- Sit up straight again.

2-3 Repetitions

If you wish, end by repeating the basic exercise C

# 1

Basic exercise  
Chest muscles

Meridians:  
Lung-Large intestine



## Position

- Stand shoulder width apart  
Link thumbs behind your back  
Bend upper body forward
- Without pain, stretch arms as far upward as possible

## KID (only works with a helper or Thera-Band)

- **Helper or Thera-Band provides resistance**
- Gently push hands/arms backwards against the resistance  
Hold for a few seconds (21-22-23)
- Take a deep breath to further enhance the tension  
Hold for a few seconds (21-22-23)
- Exhale, while the body utilizes its newfound freedom to bring the arms further forward and/or the upper body to bend more forward – without effort

## Without KID / Helper

- Without pain, move arms as far upward as possible.  
Hold for a few seconds (21-22-23)
- Take a deep breath to further enhance the tension.  
Hold for a few seconds (21-22-23)
- Exhale, while the body utilizes its newfound freedom to move the arms forward a bit further and/or bend the upper body a bit further – without effort.

Repeat 2-3 times



# 12

Additional exercise

Chest muscles

Meridians:

Lung-Large

intestine



- Stand straight
- Reach both arms upwards
- Bend one leg back, bend upper body and arms backwards.

For balance: Stand on the ball of your foot instead of the foot sole.

For the ambitious: In the pose (legs and arms bent backwards), quickly throw both arms downwards and use the momentum to make a small hop. Land on the other foot.

2-3 repetitions on either side.

If you wish, end by repeating the basic exercise

## 2

Basic exercise  
Frontal muscle  
chains

Meridians:  
Stomack - Milt



If possible, do a „deep lunge“, back knee on the floor or.

Position

- Softly stretch front muscle chain by taking a step forward

KID

- **For resistance, see illustrations**
- Tense the front of your thighs against resistance. Hold for a few seconds (21-22-23)
- Take a deep breath to enhance the tension Hold for a few seconds (21-22-23)
- Exhale, while gently searching for your new range of movement

Repeat until no further extension occurs, at least three times.

Alternative positions below „Proud rooster“ ,with or without a chair (left ill.), both feet on the ground, leaning backwards (middle ill.), or a full backbend (righth ill.)



## 2Z

Additional exercise

Frontal muscle  
chain

Meridians:

Stomack- Milt

**Caution: only do this exercise if you can sit on your heels without pain.**



- Sit on your heels
- Left hand on left knee, right hand on right knee
- Pull left knee upwards, left hand provides light resistance
- With your left hand, press left knee back towards the ground
- Repeat on the right side

2-3 repetitions on either side.

If you wish, end by repeating the basic exercise B

### 3

Basic exercise

Adductors

Meridians:  
Heart – Small  
intestine



- Sit upright, join foot soles together. Without pain or tension, push (or let sink) knees as far as possible towards the ground/mat.

Part 1 KID

1. Rest elbows/forearms on your knees and keep them down.

- Without movement, push your knees upwards against your forearms

Hold for a few seconds (21-22-23)

- Take a deep breath to enhance the tension.  
Hold for a few seconds (21-22-23)
- Exhale, while letting your knees sink further down.

- Part 2 KID

- Bend upper body forward, clasp hands around feet and keep upper body down



- Without movement, straighten your upper body against the resistance of your hands.

Hold for a few seconds (21-22-23)

- Take a deep breath to enhance the tension.  
Hold for a few seconds (21-22-23)
- Exhale, while your upper body sinks deeper down. Knees and elbows out to the side and downwards.

Repeat both exercises until no further extension occurs.

## 3Z

Additional exercise

Adductors

Meridians:

Heart – Small

intestine

**Caution: If you are only able slightly to move your knees apart, be careful not to tip over to the side or to sit on a base that is too soft.**



- Sit on the ground
- Join the soles of your feet
- Grab hold of your ankles
- Shift your weight to the left side
- Push with your left knee so that you tip over to the right side
- Repeat with your right knee

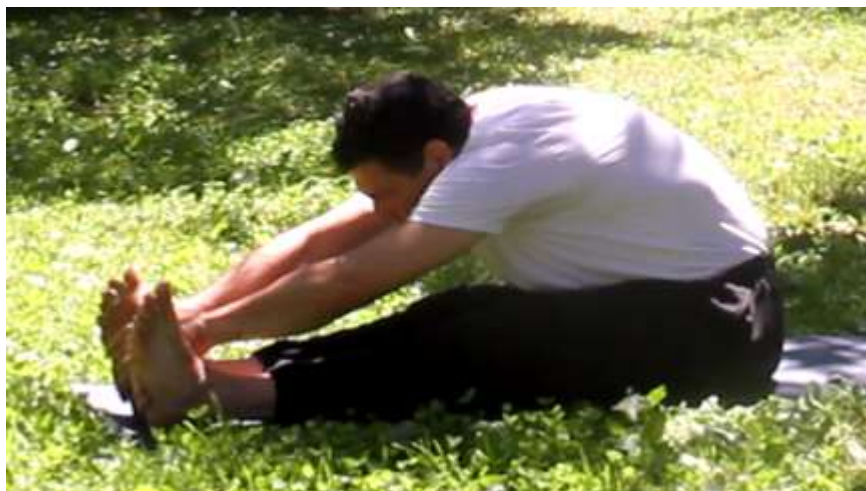
2-3 repetitions – or more

If you wish, repeat the basic exercise.

## 4

Basic  
exercise  
Posterior  
muscle  
chain

Meridians:  
Kidneys-  
Bladder



### Position

- Sit with outstretched legs and knees.
- Bend forward. Keep back as straight as possible.

### KID

- **Hold hands on feet, legs or pants.**
- **Without movement, straighten upperbody against the resistance of the hands. The force is created by the thighs, NOT the back. Hold for a few seconds (21-22-23)**
- **Take a deep breath to enhance the tension. Hold for a few seconds (21-22-23)**
- **Exhale while the upper body sinks further down (alter your grip accordingly)**

Repeat until no further extension occurs, at least three times.

## 4Z

Additional  
exercise

Posterior  
muscle  
chain

Meridians:  
Kidneys-  
Bladder



- Press your hands against the back of your foot (dorsal) – or clasp ankle, knee or thigh
- Slide the left buttock forward while pushing your leg forward with the left hand
- Then slide the right buttock forward while pushing your leg forward with your right hand

„Run“ a few „steps“ forward like this, and then back again

If you wish, end by repeating the basic exercise 4

# 5

Basic exercise

Abductors,  
Hip muscles

Meridians:  
Heart, Triple  
energizer  
Wärmer



## Position

- Cross-legged (or half or full „Lotus“)
- Fasten hands across your knees
- Upper body bends forward as far as possible while keeping your sitting bones on the ground at all times
- Use hands/arms to keep your body in this position

## KID

- **Fasten hands on opposing knees**
  - **At the same time:**
    - Push both feet/legs downwards
    - Pull both arms outwards against the resistance of the hands
- Hold for a few seconds (21-22-23) **The lower illustration: Imagine straightening up while unfolding your wings. Do not try to really do this! Your knees might not like it.**
- **Tale a deep breath to enhance the tension**  
Hold for a few seconds (21-22-23)
  - 2. **Exhale while the upper body sinks further down (alter your grip accordingly)**

Repeat until no further extension occurs, at least three times.



## 5Z

Additional exercises

Abductors,  
hip muscles

Meridians:  
Heart, triple  
energizer



- Sit crosslegged (or, if you like, half or full „Lotus“)
- Hands grasp opposite shoulders
- Turn upper body towards the left, as far as possible without pain
- Take a deep breath
- Exhale and turn the upper body towards the right, as far as possible without pain

Repeat 2-3 times on either side.

If you wish, end by repeating the basic exercise 4

# 6

Basic exercise

Lateral  
muscle chain

Meridians:

Liver -

Gallbladder



Position

3. Straddle (as comfortably as possible!)
4. Fold hands above your head, palms facing upwards
5. Lean your upper body towards one leg, while looking at the other

KID

- Hold your upper body against gravity. If you're flexible enough, put one hand on your leg.
- Without movement, straighten your upper body against the resistance. The energy comes from the lateral (sideways) torso Hold for a few seconds(21-22-23)
- Take a deep breath to enhance the tension. Hold for a few seconds (21-22-23)
- 6. Exhale while gently leaning the upper body further down to the side

Repeat until no further extension occurs, at least three times per side.

Alternatively: Stand upright, bend sideways, hold and release against the lateral gravity. Several times on each side.

## 6Z

Additional  
exercise

Lateral  
muscle chain

Meridians:

Liver –

Gallbladder



- Sit in a straddling position
- Fold your right leg (see ill.)
- Rotate your upper body to the right as far as you can without pain
- With your hands, fixate your upper body in the rotation
- **Create muscle tension as if you want to rotate your upper body back to the starting position**
- **Take a deep breath**
- **Exhale, and if possible, rotate your upper body even further**
- Repeat 2-3 times
- Do the same exercise to the left (straddle, fold your left leg, rotate towards the left...)

If you wish, end by repeating the basic exercise 6

## Sun(dance)-KiD

## M

Frontal and  
anterior  
muscle chains

This exercise sequence is particularly useful in the morning, and facilitates the meridian training. Immediately after getting out of bed the muscles are often somewhat stiff – with the Sun-KiD they quickly become warm and limber.

The following is loaned from yoga to which elements of deep breathing and KiD are added and integrated.

Even on days when you have „no time whatsoever“ - this exercise alone, flanked with exercise A, is far better than nothing, and takes only 2-3 minutes.



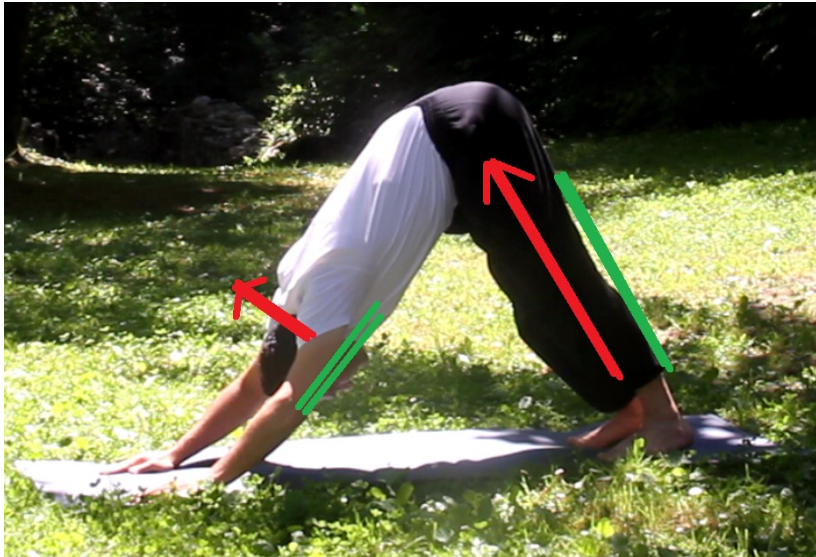
1. Stand in a relaxed pose with arms hanging loosely down the side. Take three deep breaths in and out. Imagine your feet deeply rooted in the earth.
2. Bring your arms in a wide side- and upward arch and end by bringing your palms together above your head.  
**Take a deep breath in.**  
Imagine gathering all the good energies in the sky.
3. Bring your palms down in front of your chest  
**Exhale**
4. Bring your hands up again, arms slightly stretched backwards, chest reaching for the sky.  
**Breath in.**
5. Bend your upper body forward. Stetched knees. If possible, bring your palms next to your feet. If not, just let them hang loose. No bobbing, no forcing.  
**Exhale**



6. Place the left foot to the rear, foot sole facing upwards. Arms remain beside the feet or, if not possible before, are now placed there.



7. Raise your upper body, if possible, slightly bend body and arms back. You may feel a minimum tension in your rear leg, but no stretching or pain. Less is here more, as too much will prevent you from becoming more flexible.
8. Tighten the muscles as if you want to raise your hips slightly by pressing the back knee to the ground. Caution: No movement. (Green: Here you can feel some tension)
9. Inhale deeply
10. Exhale, and if possible, let the pelvis sink slightly downwards and simultaneously move the front knee accordingly forward.
11. Repeat until no further extension occurs, at least three times.



12. Now, also bring your right leg back. Both foot soles facing the ground, but unless you're a yoga master, your heels will be off the ground. Bring your buttocks upward, into an inverted "V" position. (In yoga lingo: „Downward facing dog“). Caution: Don't yet go into a stretch; only go so far as to feel a slight tension.
13. **Now tense the calf muscles as if you want to push your legs upwards (large red arrow) while you tense your arms as if you want to move your head and shoulders in the direction of the short red arrow. You may possibly experience some tension in areas marked with green.**
14. Take a deep breath
15. Exhale, and if possible, sink your heels a little bit closer to the ground, while also letting your pelvis sink a little bit further. Possibly, the shoulders will also sink a little in the opposite direction of the little red arrow.
16. Repeat as long as further extension is possible.



17. Now, bring your weight forward, in a resemblance of a "push-up" position.
18. Lower your weight, and if possible, make a simultaneous „touch down“ of knees, chest and forehead. You can also lie flat on the floor.



19. Do a gentle „cobra pose“ (support your upper body with your arms), while keeping the pelvis almost fully on the ground.
20. Now, tense your stomach- and hip flexors, as if you want to raise your buttocks in the direction of the red arrow. No movement takes place. You may possibly experience some tension in the areas marked with green.
21. Take a deep breath in
22. Exhale, and if possible, let your buttocks sink a little in the opposite direction of the red arrow
23. Repeat as long as further extension is possible



24. You already know the rest of the exercises:  
First, do „downward facing dog“,  
then bring your left leg forward again, and lightly stretch the frontal muscle chain,  
bring your hands next to your feet,  
straighten up and with a wide sideways arch raise your arms.  
You can now either stop doing the Sun KiD, to start with the Meridian exercises, or repeat the Sun KiD, now first bringing the right leg to the back.

## Some theory

The bases for KiD (Kraft in Dehnung=The Power in Stretching) + Meridian exercises

1. **EXTENSION, RESISTANCE**  
The muscle or muscle chain to be stretched is gently guided to the natural range of movement (without force or pain ).
2. **TENSION**  
Tense muscle or muscle chain by external resistance (a wall, floor, partner, weight, Thera-band, Deuser-band etc.). Hold for 2-5 breaths.
3. **IMAGINATION BREATHING**  
Deep breathing imagining "I fill my belly with air, like a balloon, starting from the force center / Hara (below the belly button) ". Increases tension in the muscle chain.
4. **RELEASE** after a few seconds, breathe deeply and gently let go of all tension.
5. This often enables enhancing the range of movement, i.e. further extending the muscle /muscle chain. Repeat the exercise (tense – inhale – release) at least three times.

Execution:

1. Listen to and respect your body. Stop before it hurts.
2. If you find an exercise too difficult, let it go, and try again another day (or find a more suitable variant)
3. No sudden movements. Always be gentle.
4. Doing the exercises on a daily basis brings the best results. One session lasts about 15 minutes and can be done once or twice a day.

Effect:

Tensing the muscle (Isometric tensing = tensing without movement) prior to softly stretching it, results in extending the fascia as well as subsequent relaxation of muscles. In addition, as a result of the daily exercise, the body will soon start rebuilding the muscles: they become longer, more flexible and stronger. Through the energy exerted in the extension, the bones are also affected, making them stronger and improving their inner structure.

Additional exercises:

If you find an exercise to be too difficult, or you would like to practise it more intensively/for a longer time, do a simpler version first, then do the suitable additional exercise before again trying the actual exercise.



Literature:

Kurt Mosetter, Reiner Mosetter: Schneller schmerzfrei mit der KiD-Methode (Faster pain free with the KiD method)

Shizuto Masunaga: Meridian Dehnübungen (Meridian stretching exercises).