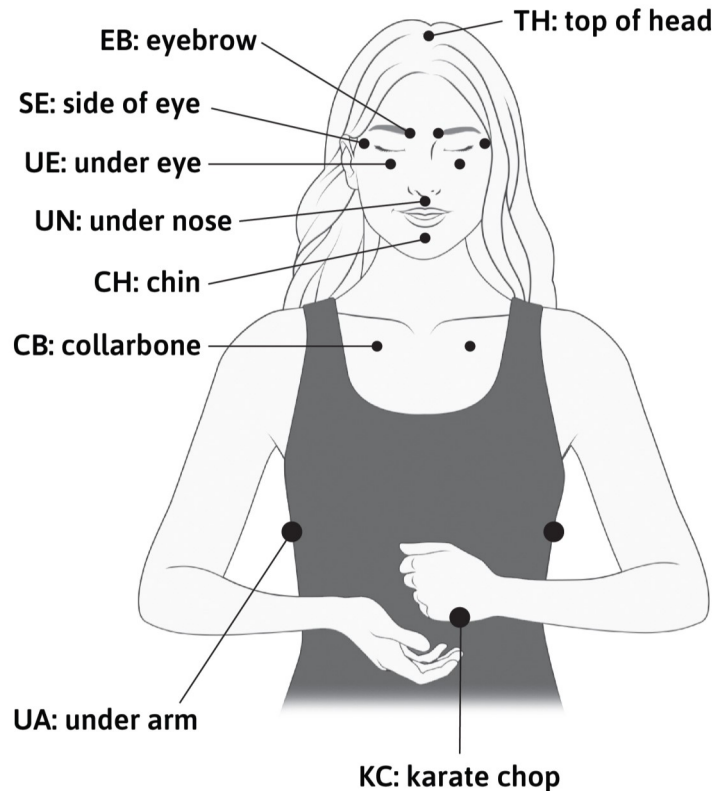


## Introduction to the Tapping Points

# Tapping Points



### Karate Chop Point (KC)

Side of hand, below pinky and above wrist.

### Eyebrow Point (EB)

Where the eyebrows begin, closest to the bridge of the nose.

### Side of Eye (SE)

On the bone directly along the outside of either eye.

### Under Eye (UE)

On the bone directly under either eye.

### Under Nose (UN)

The area directly beneath the nose and above the upper lip.

### Chin Point (CP)

This is the area just below your bottom lip and above the chin, right in the crease.

### Collarbone Point (CB)

Starting from where your collar bones meet in the center, go down an inch and out an inch on either side.

### Under Arm (UA)

On your side, about four inches beneath the armpit.

### Top of Head (TH)

Directly on the crown of your head.