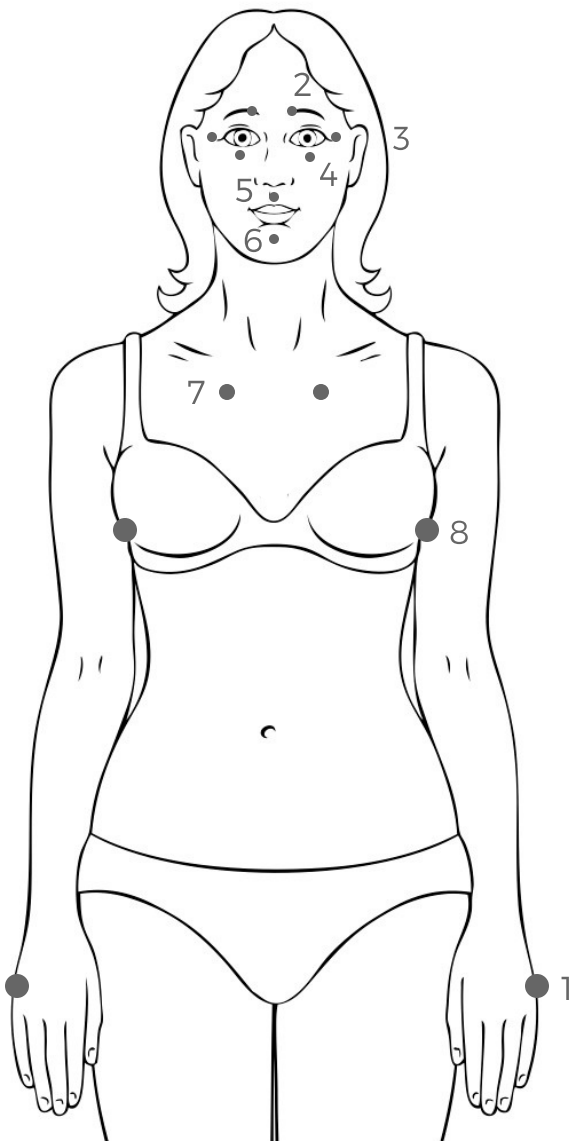


Tapping Points

An illustrated guide to the basic tapping points.



1. Karate Chop point

2. Eyebrow

3. Side of Eye

4. Under the Eye

5. Under the Nose

6. Chin (just below the fold)

7. Collar bone

8. Under the Arm (tender area about 4" below the arm pit)

