

T A P P I N G P O I N T S



**Gently tap with your index
and middle finger**

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TAPPING POINTS



Top of the head



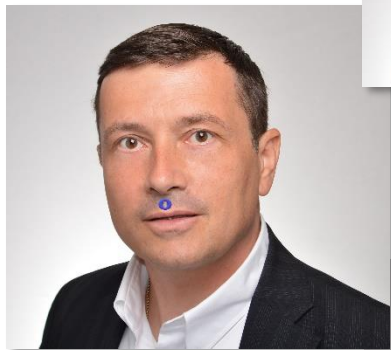
Eyebrows



Side of the eye



Under the eye



Above the lips

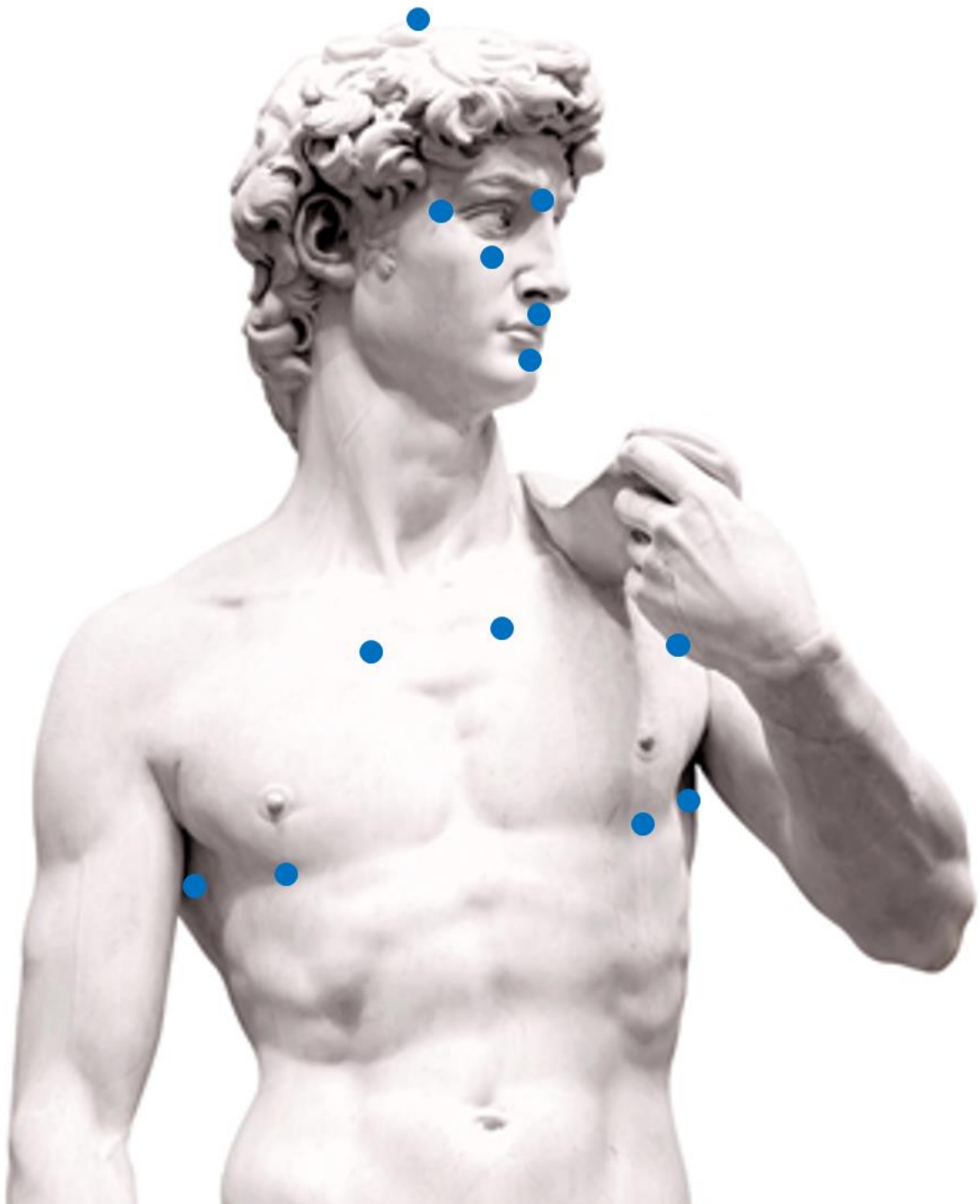


Above the chin



Karate chop point

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