



Karate-Chop Point (KC)

The outer edge of your palm, on the opposite side from your thumb.

Eyebrow (EB)

The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

Side of eye (SE)

The hard ridge between the corner of your eye and your temple. Use two fingers.
Feel out this area gently so you don't poke yourself in the eye!

Under eye (UE)

The hard bone under the eye that merges with the cheekbone. Use two fingers, and stay in line with your pupil.

Under nose (UN)

The point centered between the bottom of the nose and the upper lip. Use two fingers.

Chin (CH)

This point is in line with the previous one, and is centered between the bottom of the lower lip and the chin.

Collarbone (CB)

Tap just below the hard ridge of your collarbone with four fingers.

Underarm (UA)

On your side, just about four inches beneath the armpit. Use four fingers.

Top of Head (TH)

On the crown of your head. Use four fingers.