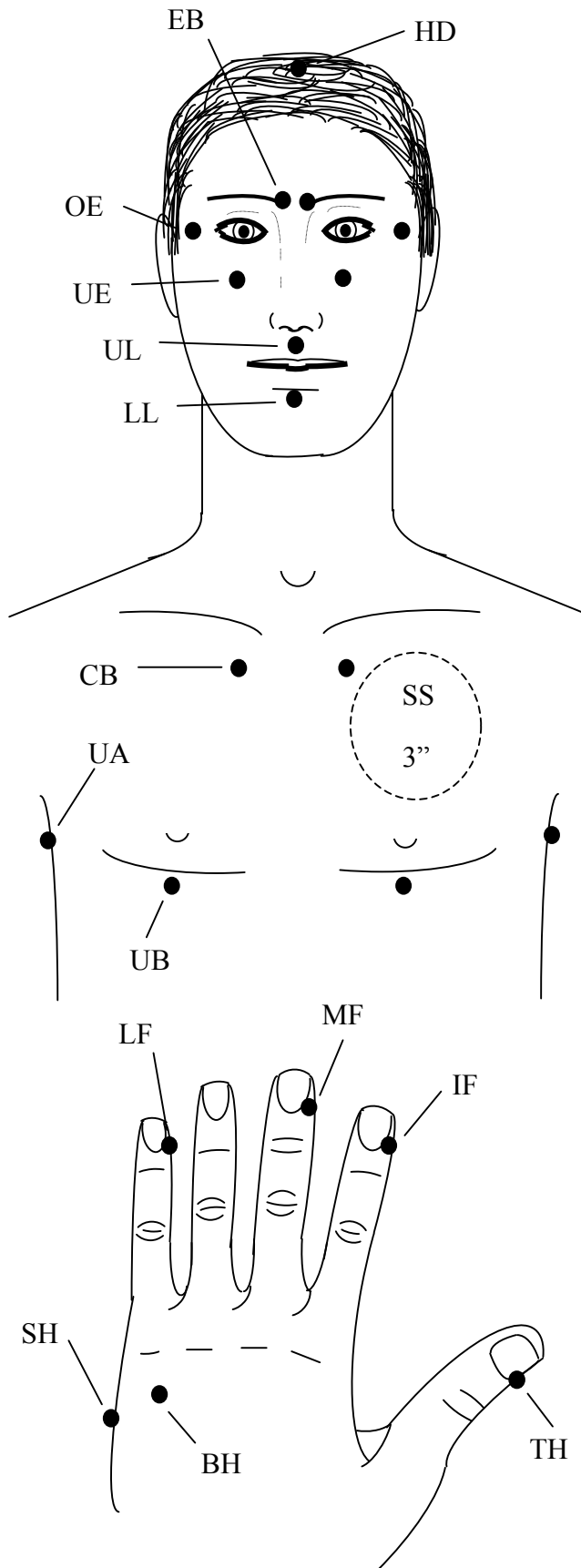


# Tapping Points Diagram



- HD: Top of Head at apex
- EB: Eyebrow – beginning of eyebrow on either side
- OE: Outside Eye – directly outside eye on bone either side
- UE: Under Eye – about one inch under eye on bone either side
- UL: Upper Lip – upper lip under nose
- LL: Lower Lip – between lower lip and chin
- CB: Collarbone – under the end of the collarbone, above the first rib, against the breastbone in the depression either side
- SS: Sore Spot – sore spot on left upper chest within 3 inch circle bordered by collarbone and breastbone.
- UA: Under Arm – center of side, about hand width down from armpit either side
- UB: Under Breast – directly below the nipple at the margin of the chest muscle or breast either side
- LF: Little Finger – inside edge of fingernail either hand
- MF: Middle Finger – edge of fingernail nearest to index finger either hand
- IF: Index Finger – edge of fingernail nearest to thumb either hand
- TH: Thumb – edge of fingernail away from fingers either hand
- SH: Side of Hand – center of fleshy side of hand used for karate chop either hand
- BH: Back of Hand – between little finger and ring finger knuckle, toward wrist about ½ inch either hand