



Family Tap & Thrive

9-11 AM

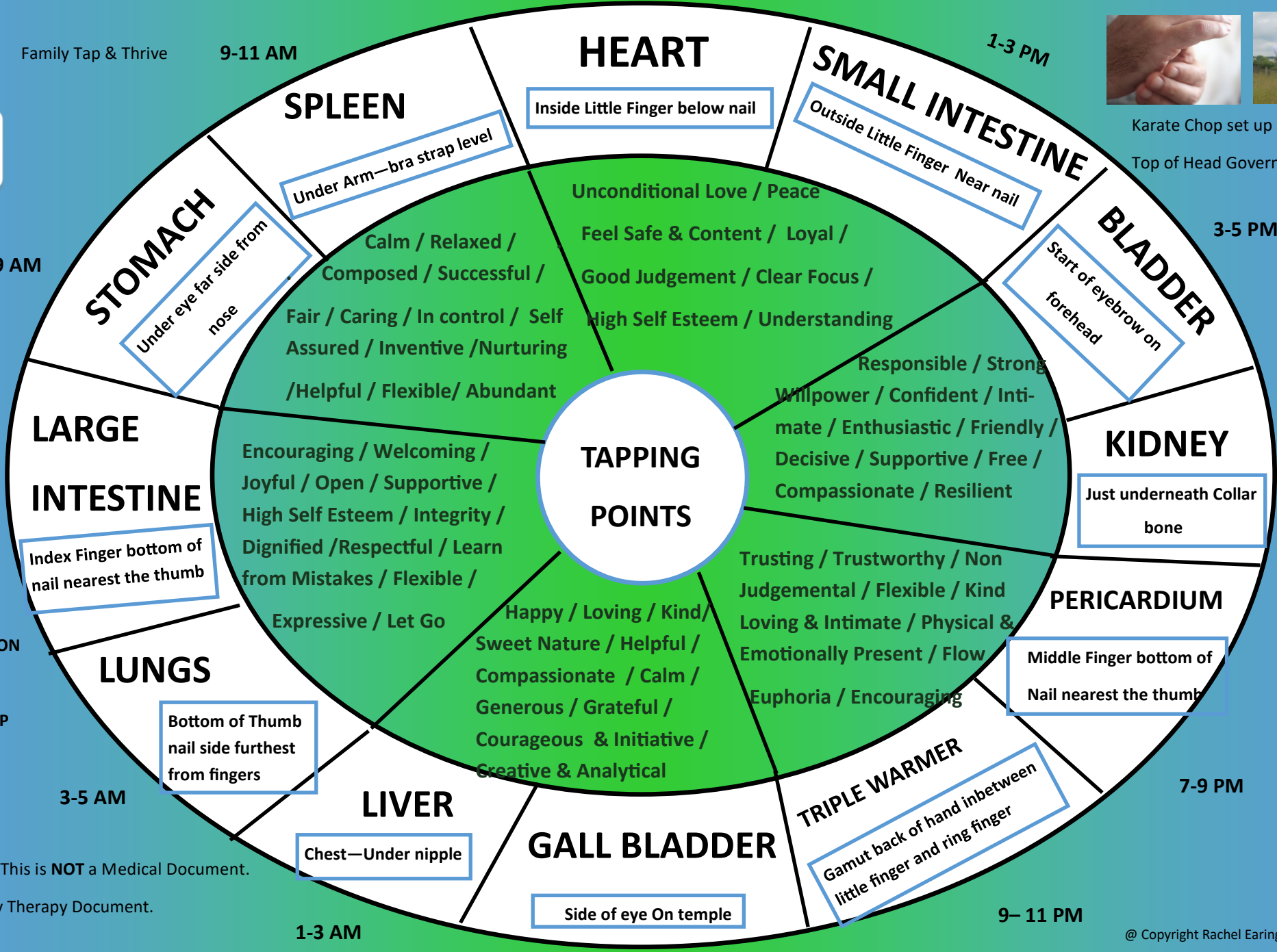


Karate Chop set up point



Top of Head Governing Point

7-9 AM  
5-7 AM  
TAP: Age 12+  
30 SECONDS ON  
EACH POINT  
Age 0-12 TAP  
2-20 Seconds



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