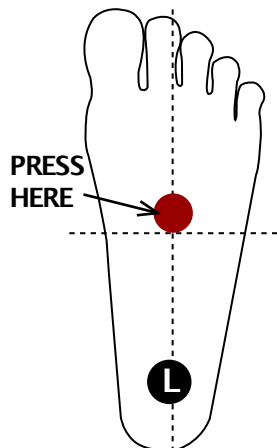


SECRETS OF CHINESE REFLEXOLOGY REVEALED

Lesson 1 - Worksheet

Important Note: Please do not practice Chinese Reflexology on yourself if you are pregnant, or have a heart condition. If you are not sure whether it is safe for you to practice reflexology, please check with your doctor. **Learn more at www.ChineseFootReflexology.com** © Holly Tse

1. MIDDLE OF THE SOLE OF YOUR FOOT

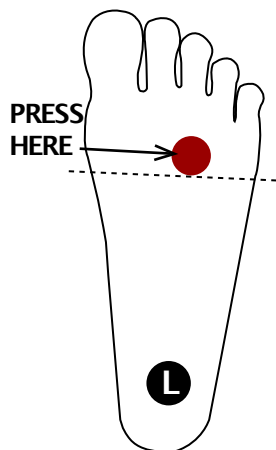


Imagine dividing your left sole into four quadrants. Press in the center of the sole just above the horizontal line dividing your foot in half.

Press for 1 to 2 seconds and rate the sensitivity level from 1 to 5, where 1 is not very sensitive and 5 is extremely sensitive.

YOUR RATING: _____

2. BOTTOM OF THE BALL OF YOUR FOOT

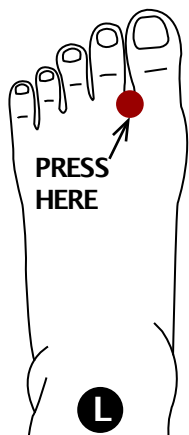


Press on the bottom edge of the ball of your foot under the middle toe.

Press for 1 to 2 seconds and rate the sensitivity level from 1 to 5, where 1 is not very sensitive and 5 is extremely sensitive.

YOUR RATING: _____

3. BETWEEN THE TOES ON THE TOP OF YOUR FOOT



Use your knuckle to press into the tip of the webbing between the big toe and second toe.

Press for 1 to 2 seconds and rate the sensitivity level from 1 to 5, where 1 is not very sensitive and 5 is extremely sensitive.

YOUR RATING: _____