



Gorilla Taps

Step One

Make a fist with both your hands and cross your wrists.



Step Two

Bring your arms and hands over your chest and heart.



Step Three

Make sure your fist are slightly under your collarbones.



Step Four

Tap your gorilla hands one at a time slowly back and forth about 8-10 times. Right, left. right, left, right, left, right left, right, left...