

# AMIDA: ACTIONS: HITTING YOUR CHEST

## When To Hit Your Chest during Prayers

Hit your chest near your heart with your fist at:

- *Chatanu...* and *... fashanu...* in *slach lanu*,
- First line of *Avinu malkeinu* (except on *Rosh Hashana*),
- *Ve'al cheit* and *ve'al chataim* in the *al cheit* for *Yom Kippur*, and
- *Ashamnu* on
  - *Rosh Hashana*,
  - *10 Days of Repentance*,
  - Fast days, and
  - *Selichot*.