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),
- <u>Ve'al cheit</u> and <u>ve'al chataim</u> in the <u>al cheit</u> for <u>Yom Kippur</u>, and
- Ashamnu on
 - Rosh Hashana,
 - 10 Days of Repentance,
 - Fast days, and
 - Selichot.

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