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*.

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