

HOW TO USE CHOPSTICKS 101



Step 1



Place 1 chopstick and rest it between your thumb and third finger

Step 2



Pick up a 2nd chopstick and hold it with your thumb and 1st & 2nd fingers (like gripping a pencil)

BECOME A PRO

Step 3



Move the 2nd chopstick up and down with your thumb and 1st & 2nd fingers (chopstick 1 never moves)

Step 4



Using the motion in step 3, pick something up with the chopsticks.