Use your thumb, pointer, and middle fingers to grasp the chopsticks tightly.

Squeeze the first chopstick between the juncture of your thumb and pointer finger. Use your ring finger to balance it.

The first chopstick should not move. Use your index and middle fingers to lift the second chopstick.

Hold the second chopstick between your thumb and pointer finger (but higher than the first chopstick). Use your middle finger to balance it.

Use your index and middle fingers to grip the food with the chopsticks.