

## **teleport**

### **Quest 2**

To teleport using the Quest 2, need to use the joystick on the left controller only. Once you push the joystick forwards, you will see a green arc with a circle at the end and an arrow. You will land in the spot where the circle is pointing in the direction of the arrow. If the arc is red, it means that you are unable to move there. If you wish to move the greatest distance possible, raise your arm parallel to the ground. To move a shorter distance drop your arm towards your leg/body

### **Quest 3**

To teleport using the Quest 3, need to use the joysticks. The one on the left hand controller moves you either backwards or forwards depending on the direction in which you push the joystick. To move left and right, you use the joystick on the right controller. You can also adjust the tilt or the angle by pushing the joystick on the right controller forward or backwards

## **Make a fist**

### **Quest 2**

To make a fist, first place your virtual hand on the object. Now using your index and middle fingers together pull on the triggers at the same time. To open your fist just release both triggers

### **Quest 3**

To make a fist, first place your virtual hand on the object. You will see a white dot. Now using your index and middle fingers together pull on the triggers at the same time. To open your fist just release both triggers

### **Quest 3**

In order to jump, you need to press button A on the right controller, the one closest to the wrist and push the joystick on the left controller forward at the same time

### **Quest 2**

To pick something up, you need to make a fist. first place your virtual hand on the object. Now using your index and middle fingers together pull on the triggers at the same time. To open your fist just release both triggers

### **Quest 3**

To pick something up, you need to make a fist. first place your virtual hand on the object. You will see a white dot. Now using your index and middle fingers together pull on the triggers at the same time. To open your fist just release both triggers

## **Jump**

### **Quest 2**

### **Quest 3**

In order to jump, you need to press button A on the right controller, the one closest to the wrist and push the joystick on the left controller forward at the same time