VoiceOver Taps

Key
Thumb = 1
Index finger = 2
Middle finger = 3
Ring finger = 4
Pinky = 5

Activate Item, Double Tap E, finger, 2
App Switcher, Double Tap H, fingers, 2,3,4,5
Back/Escape, Tap P, fingers, 1,2,5
Home, Tap H, fingers, 2,3,4,5
Item Chooser, Tap I, finger, 3
Magic Tap, Double Tap T, fingers, 2,3
Mute VoiceOver, Tap S, fingers, 4,5
Pause Speech, Tap T, fingers, 2,3
Read All from Current Position, Tap A, finger, 1
Read All from Top, Tap B, fingers, 2,5
Screen Curtain, Triple Tap Shift, fingers, 1,2,3
Select Next Item, Tap L fingers, 3,4
Select Previous Item, Tap N, fingers, 1,2
Toggle Tap from text mode to voiceover mode and back, Double Tap F, fingers, 1,2 and 4
VoiceOver Help, Double Tap K, fingers, 1,4
The following commands must have quick nav on. You can turn quick nav on and off by double tapping A, finger 1.

Adjust Value down, Tap O, finger, 4

Adjust Value up, Tap U, finger, 5

Change Rotor Item Left, Double Tap D, fingers, 1,3

Change Rotor Item Right, Double Tap M, fingers, 2,4

Next Rotor Item, Tap D, fingers, 1,3

Previous Rotor Item, Tap M, fingers, 2,4

Scroll Left, Tap Shift, fingers, 1,2,3

Scroll Up, Tap Delete, fingers, 2,3,4

Scroll Right, Tap Switch, fingers, 3,4,5

Scroll Down, Tap Y, fingers, 1,5

Select First Item, Tap R, fingers, 1,2,3,4

Select Last Item, Double Tap R, fingers, 1,2,3,4