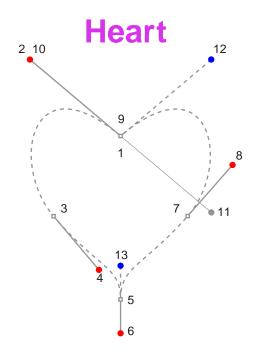First click the pen tool

Heart

A. Drag from anchor point at 1
   to red dot at 2

B. Drag from anchor point at 3
   to red dot at 4

C. Drag from anchor point at 5
   to red dot at 6

D. Drag from anchor point at 7
   to red dot at 8

E. Position cursor over anchor point
   at 9. When a small loop appears
   next to cursor, click to close
   the path

F. Then Option-drag (Macintosh®)
   or Alt-drag (Windows®) from
   handle at 11 to blue dot at 12

G. Press the Ctrl key (Windows) or
   Command key (Macintosh) to select
   the direct selection tool and click
   the anchor point at 5. When handles
   appear, Option-drag (Macintosh) or
   Alt-drag (Windows) from handle at 6
   to blue dot at 13