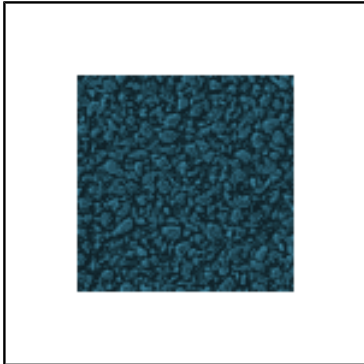




## Simple Punch

This tip will work in Photoshop 5.x. (We'll let you know when we've created a more advanced version.)


1



Start with any background texture or color. Copy it (CTRL+C).


2



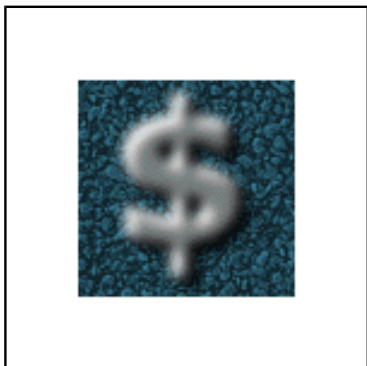
Click the Channels palette and create a new channel . In that new channel, create your image or type your text.

3



Click the channel that you just made (#4) and drag it to the new channel icon  to create a new channel. Now on the new channel, select all (CTRL+a) and, using your arrow keys, move your selection left 2 pixels & up 2 pixels (use 3 or 4 pixels if you want a deeper effect). Repeat the last step by dragging that channel to the new channel icon. A third image appears. Now select all and move that selection down 4 pixels & right 4 pixels.

4



Click the RGB channel and go back to your background. Press (CTRL+ALT+6) to load your bottom channel. Fill it (SHIFT+F5) with 100% black. Press CTRL+ALT+5 to load your top channel and fill it with 100% white. Now press CTRL+ALT+6 again and fill with 50% black.

5



Now load your first selection (CTRL+ALT+4) and select EDIT>>PASTE INTO to fill the middle image with your original background. You can get a more realistic look by filling that selection (SHIFT+F5) with 10% white. You can also adjust the levels. There you go!



This tip comes from  
[ScreamDesign.Com](http://ScreamDesign.Com)