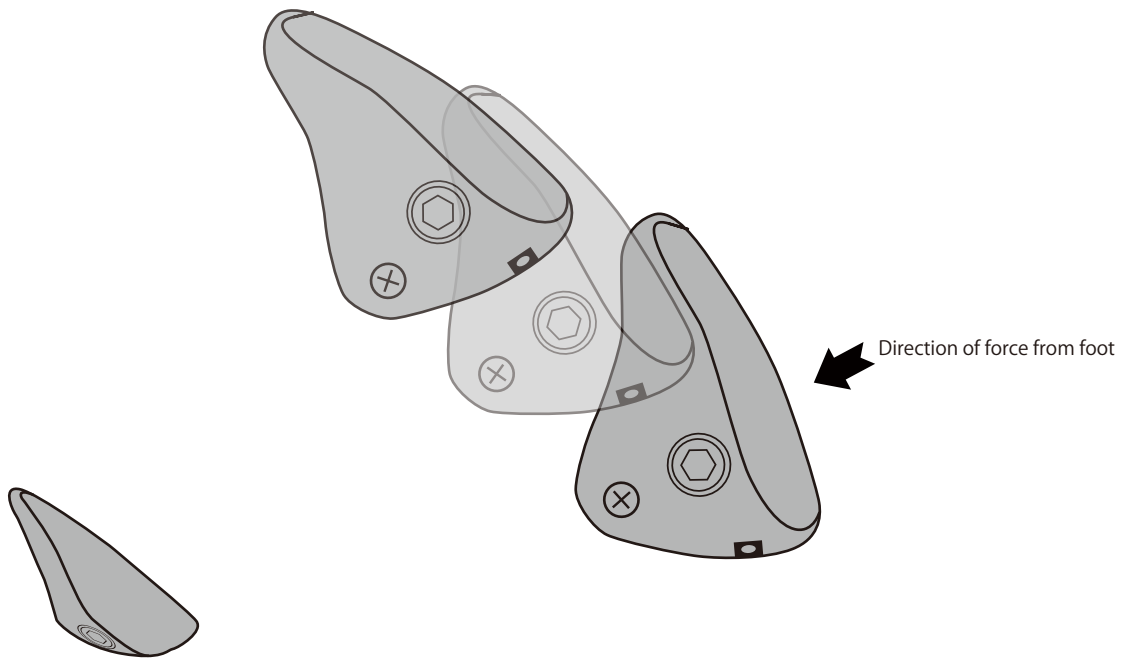


BASIC DIRECTION



BASIC FOOT POSITION

