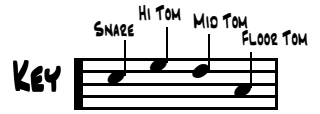
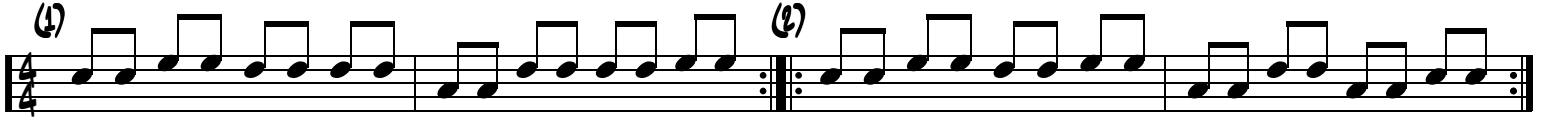


DOUBLES AROUND THE KIT

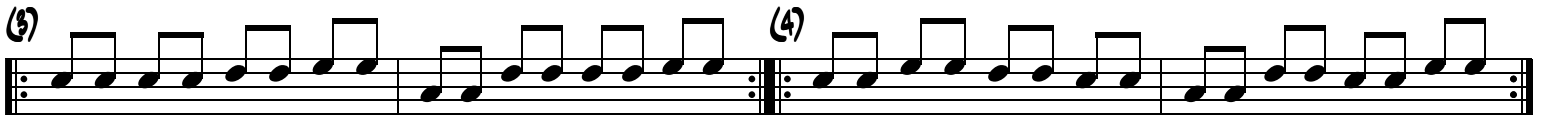


STICKING FOR ALL EXERCISES IS "RRL"

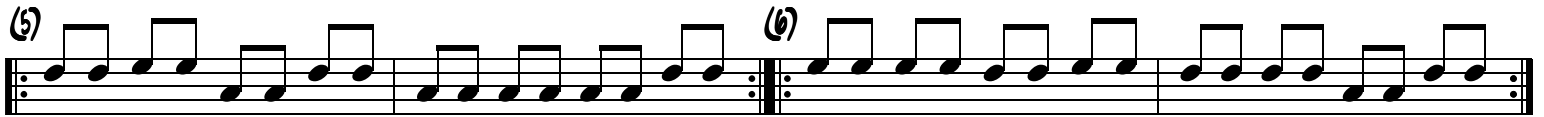
(4)



(5)



(6)



(7)



(8)



(9)

