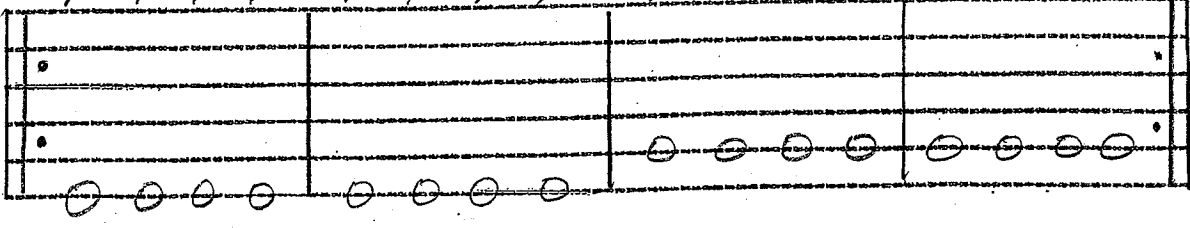


Down Pick = ∇
OR UP Pick = ∇

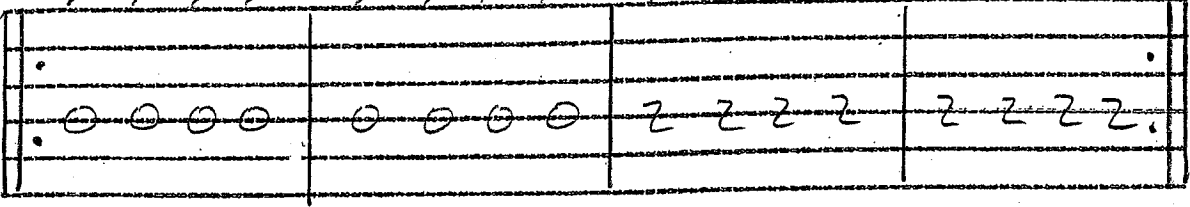
INTERLUDE 5 PART 2

REPEAT EACH 4-8x
SLOW-MED-FAST

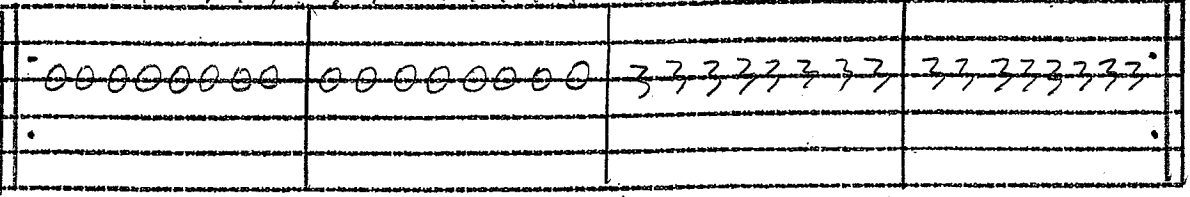
① $\nabla \nabla$



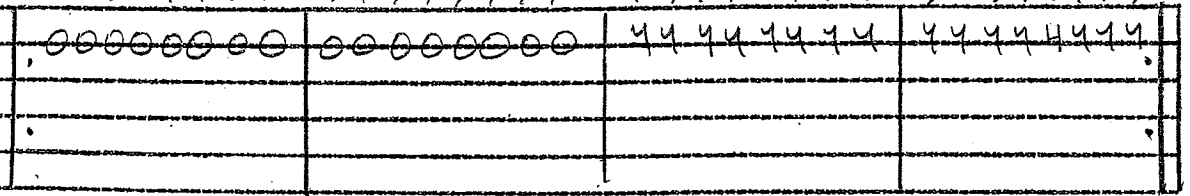
② $\nabla \nabla$



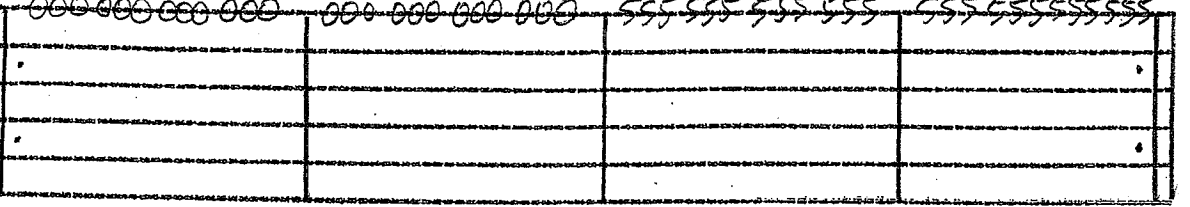
③ $\nabla \nabla$



④ $\nabla \nabla$



⑤ $\nabla \nabla$



⑥ $\nabla \nabla$

