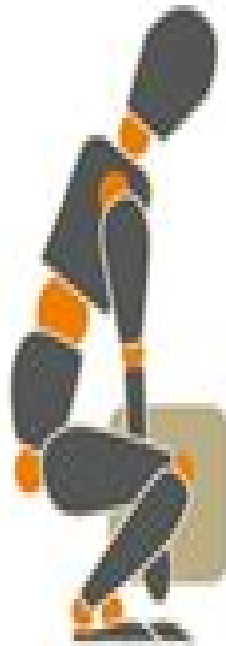


Stop & Think



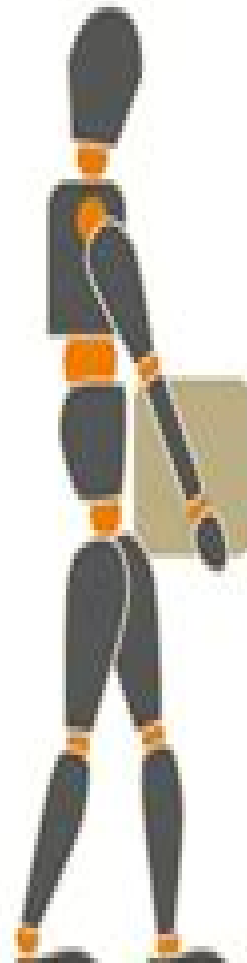
Position the  
feet



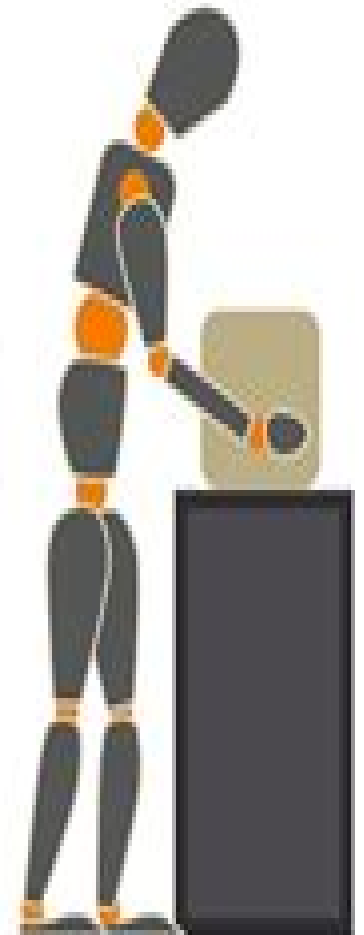
Adopt a  
good  
posture



Get a firm  
grip



Move the  
feet



Put down then  
adjust

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**Lingjun Ying**



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