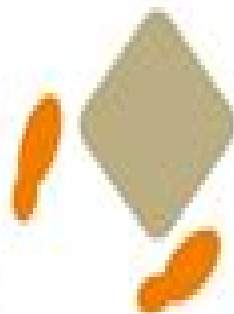


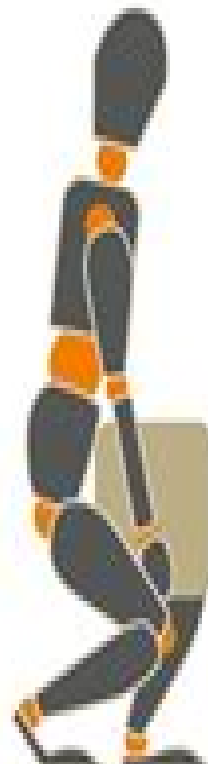
Stop & Think



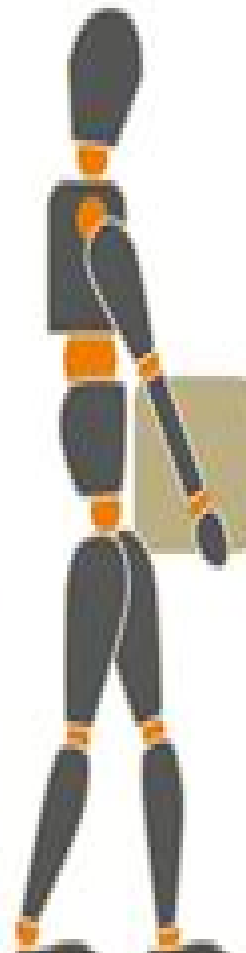
Position the
feet



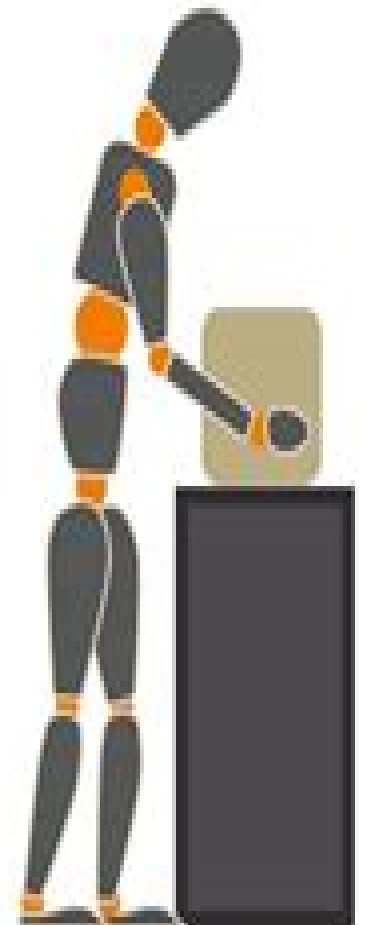
Adopt a
good
posture



Get a firm
grip



Move the
feet



Put down then
adjust

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Ying-Ying Zheng



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