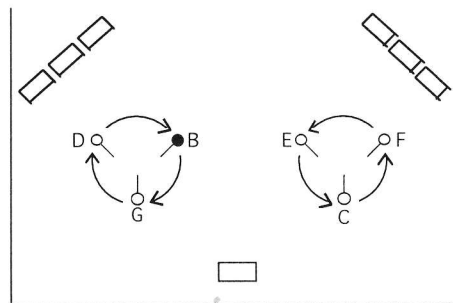
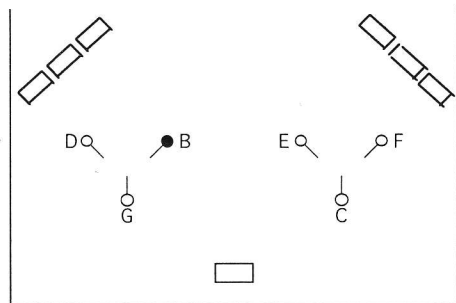


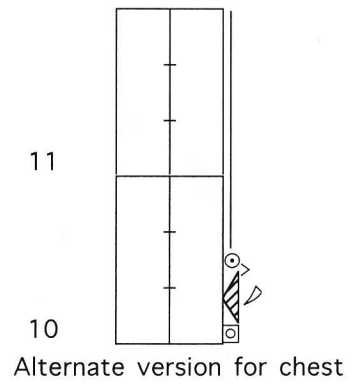
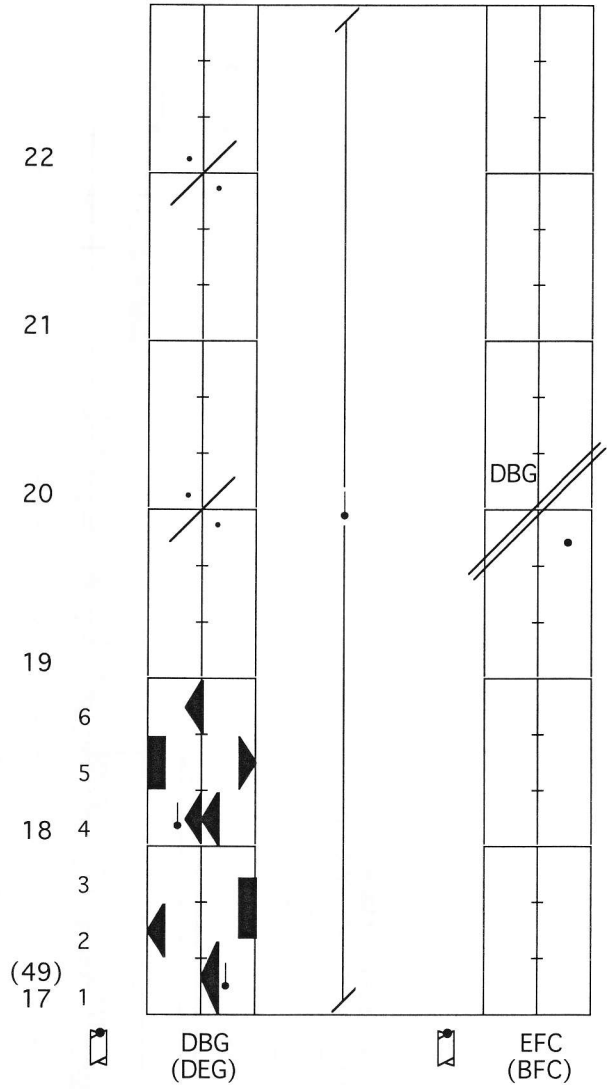
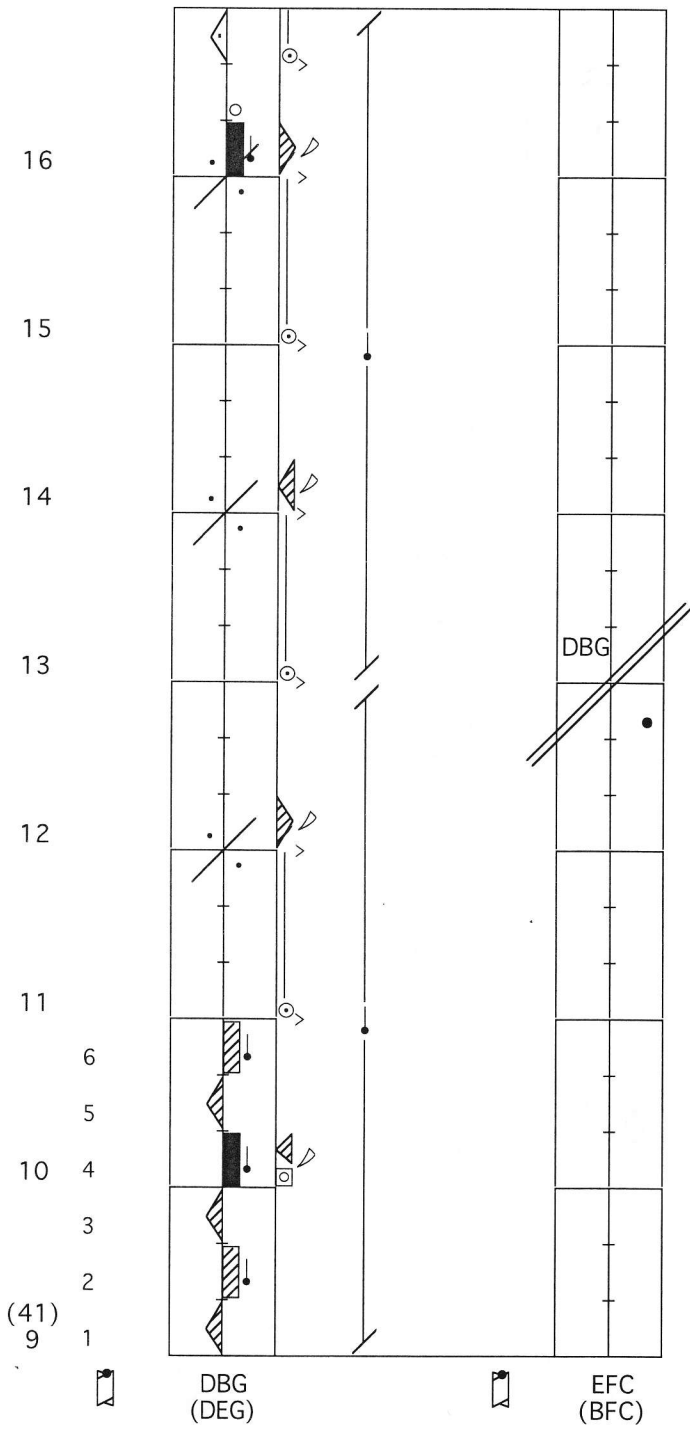
= Facing into

• = center of circle

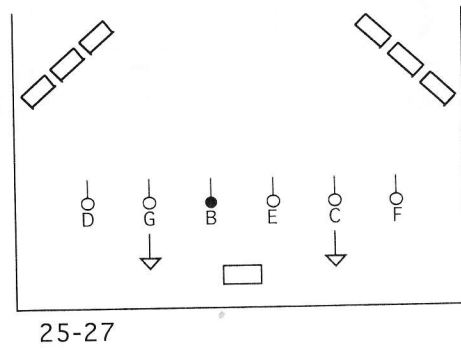
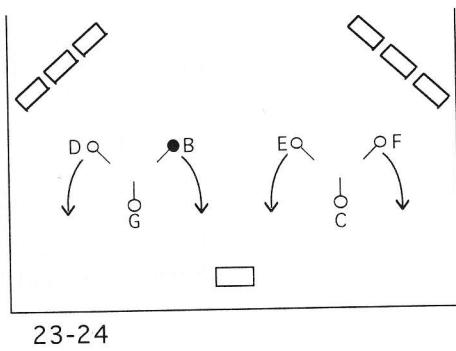
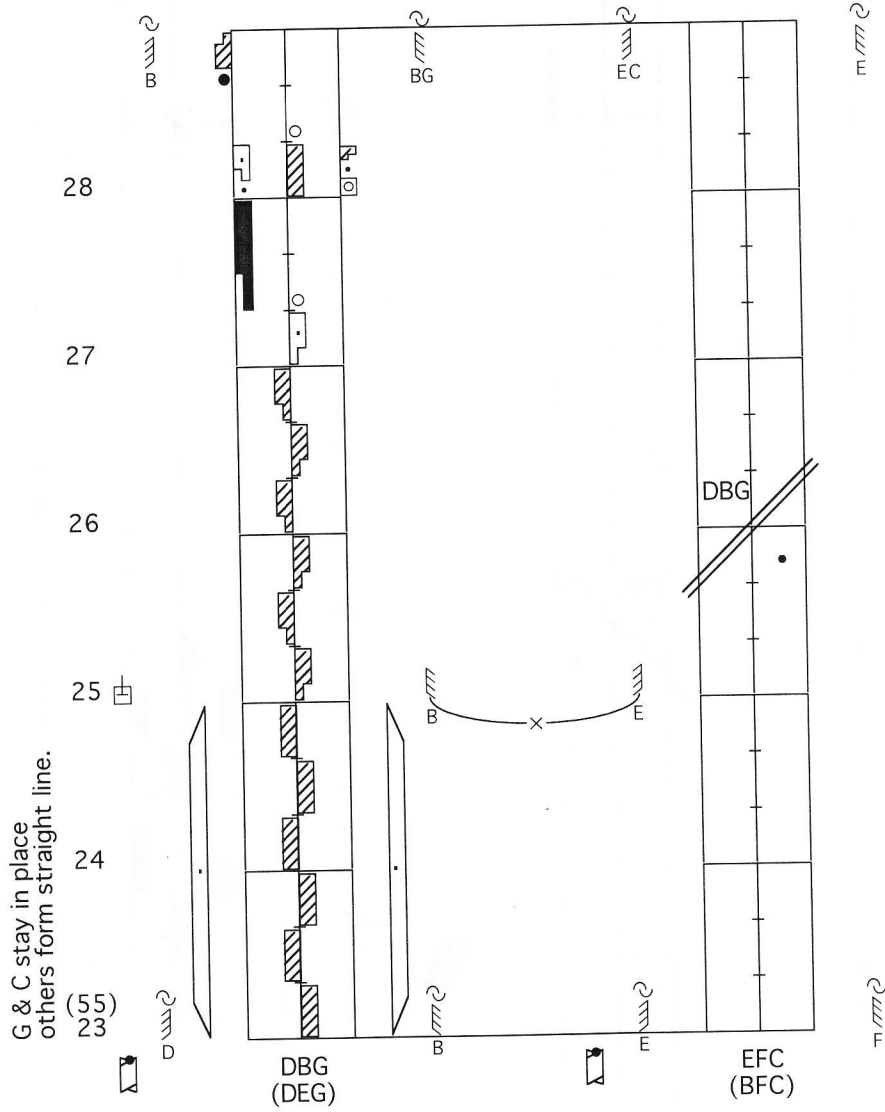


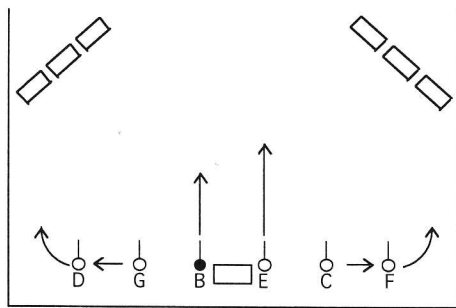
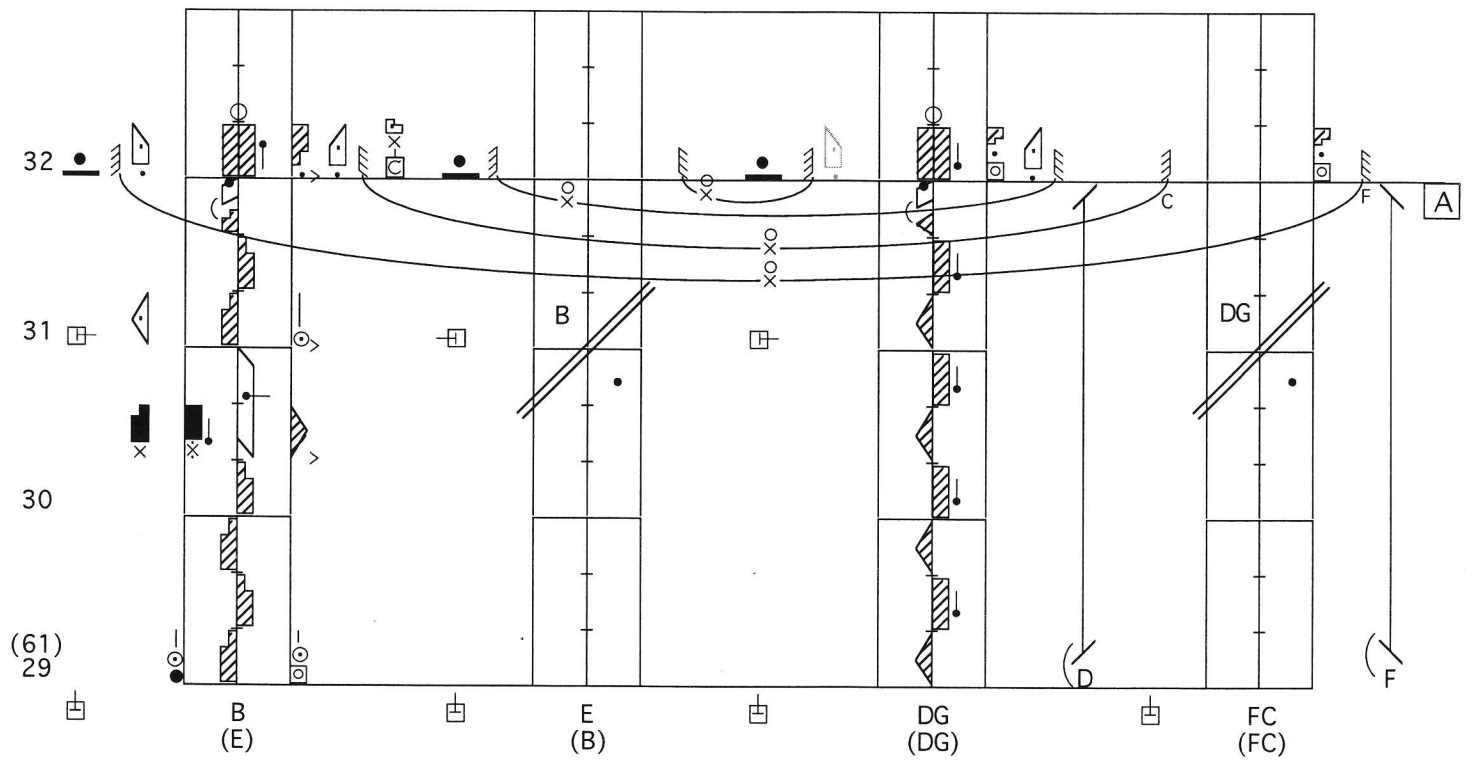
Starting Position

1-22

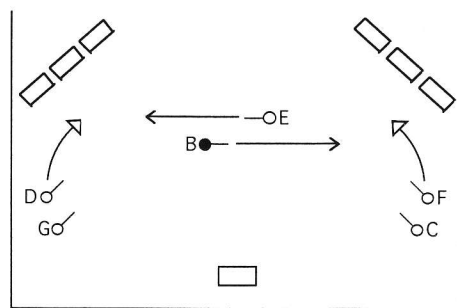


Alternate version for chest

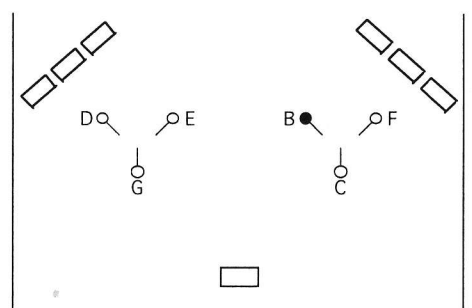




29-30



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