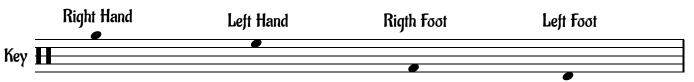
stickingpatterns.com



First gain control, then increase speed.

Use whatever techniques you've been taught.

If you want to achieve good results, work slowly.

