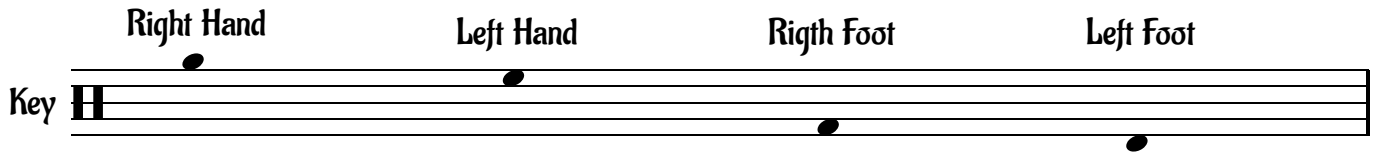


014.01

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Right Hand Left Hand Righth Foot Left Foot

Key 

Use whatever techniques you've been taught.
First gain control, then increase speed.
If you want to achieve good results, work slowly.



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