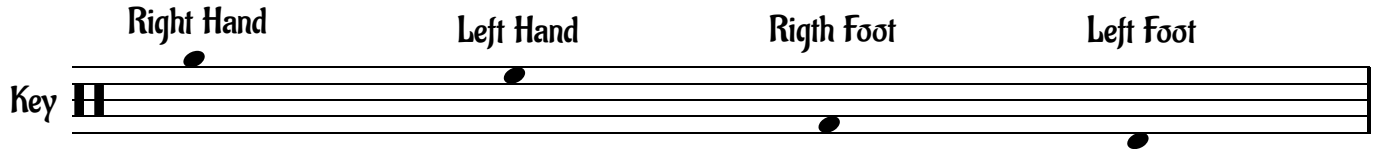


# # 029.04

[stickingpatterns.com](http://stickingpatterns.com)



Use whatever techniques you've been taught.

First gain control, then increase speed.

If you want to achieve good results, work slowly.

