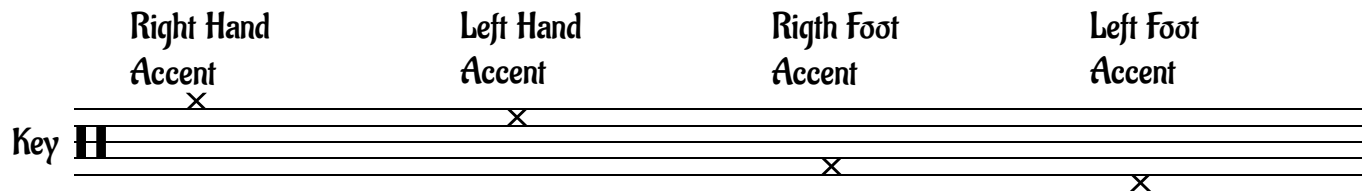
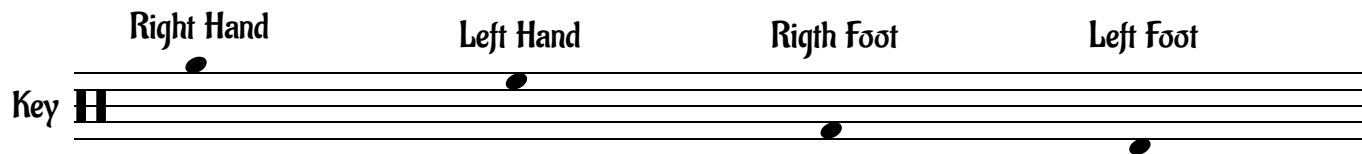


# # 029.08

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



# # 029.08

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