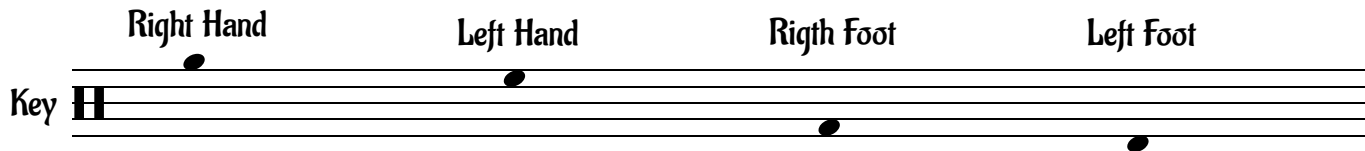


# # 030.05

[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.

# # 030.05

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