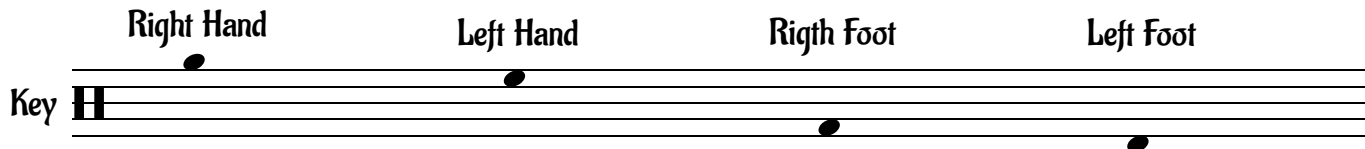


# # 049.01

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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.

# # 049.01

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