053.01

stickingpatterns.com



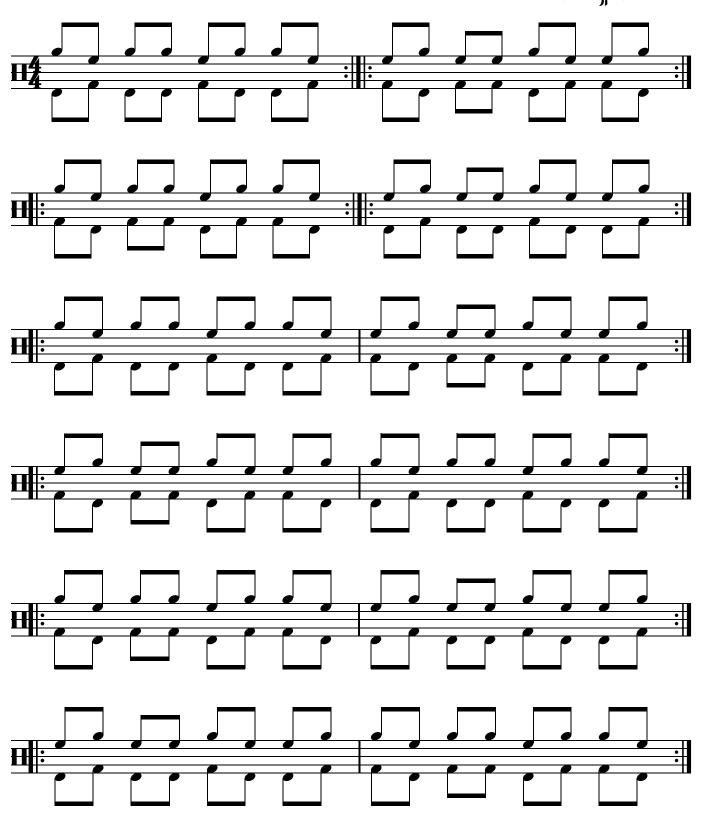
Use whatever techniques you've been taught.

First gain control, then increase speed.

If you want to achieve good results, work slowly.

053.01

Preparatory exercise stickingpatterns.com



053.01

Preparatory exercise stickingpatterns.com

