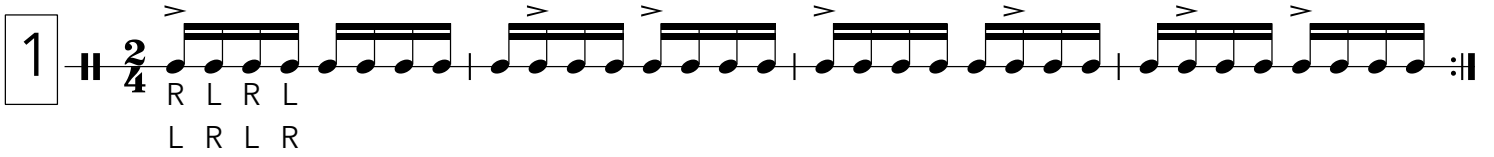
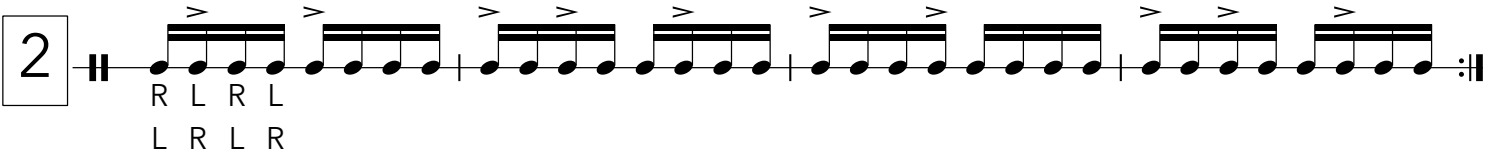


Excerpt from *Wrist and Finger Control* by Charley Wilcoxon

1  $\frac{2}{4}$
R L R L
L R L R

2 
R L R L
L R L R