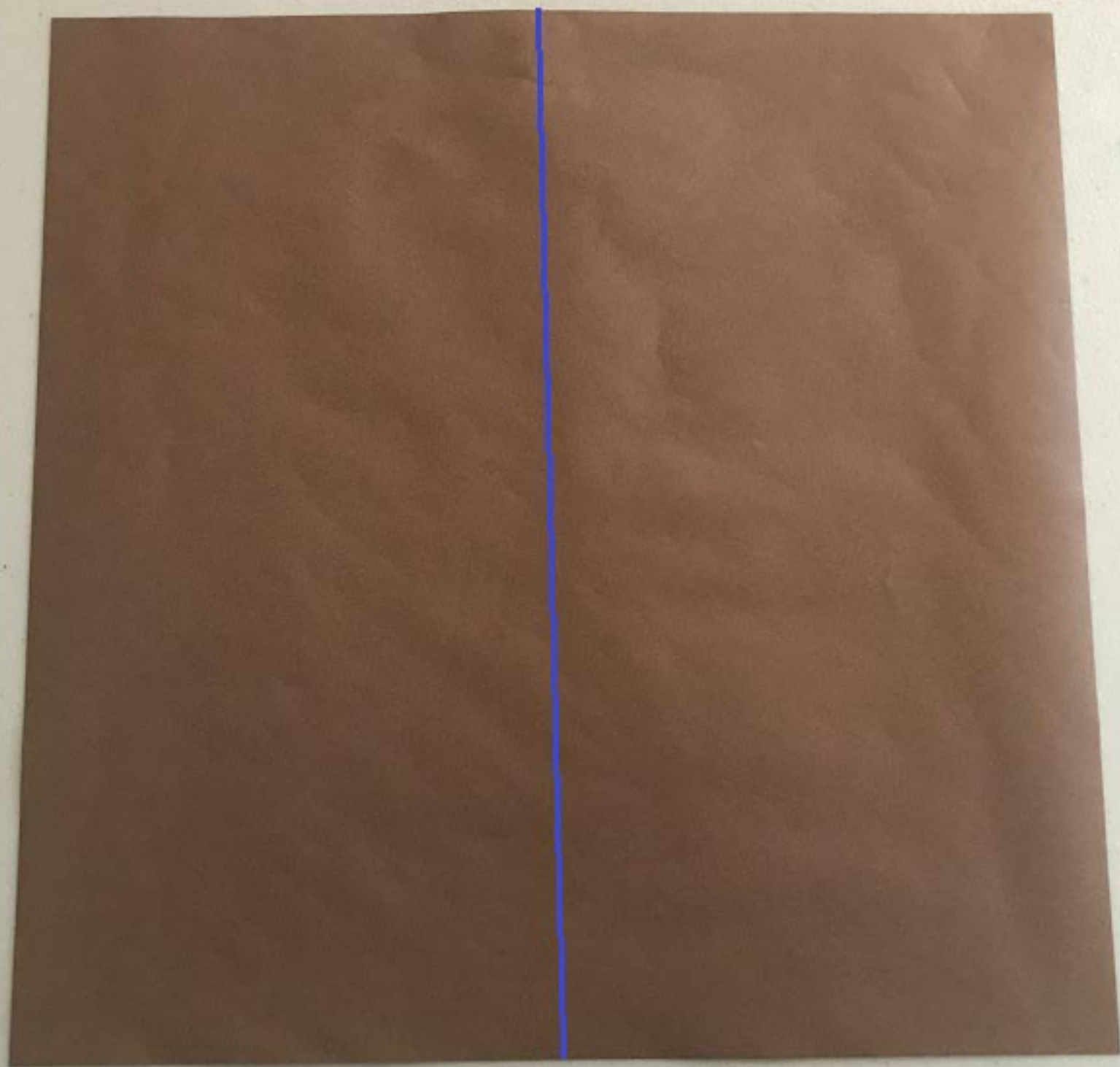
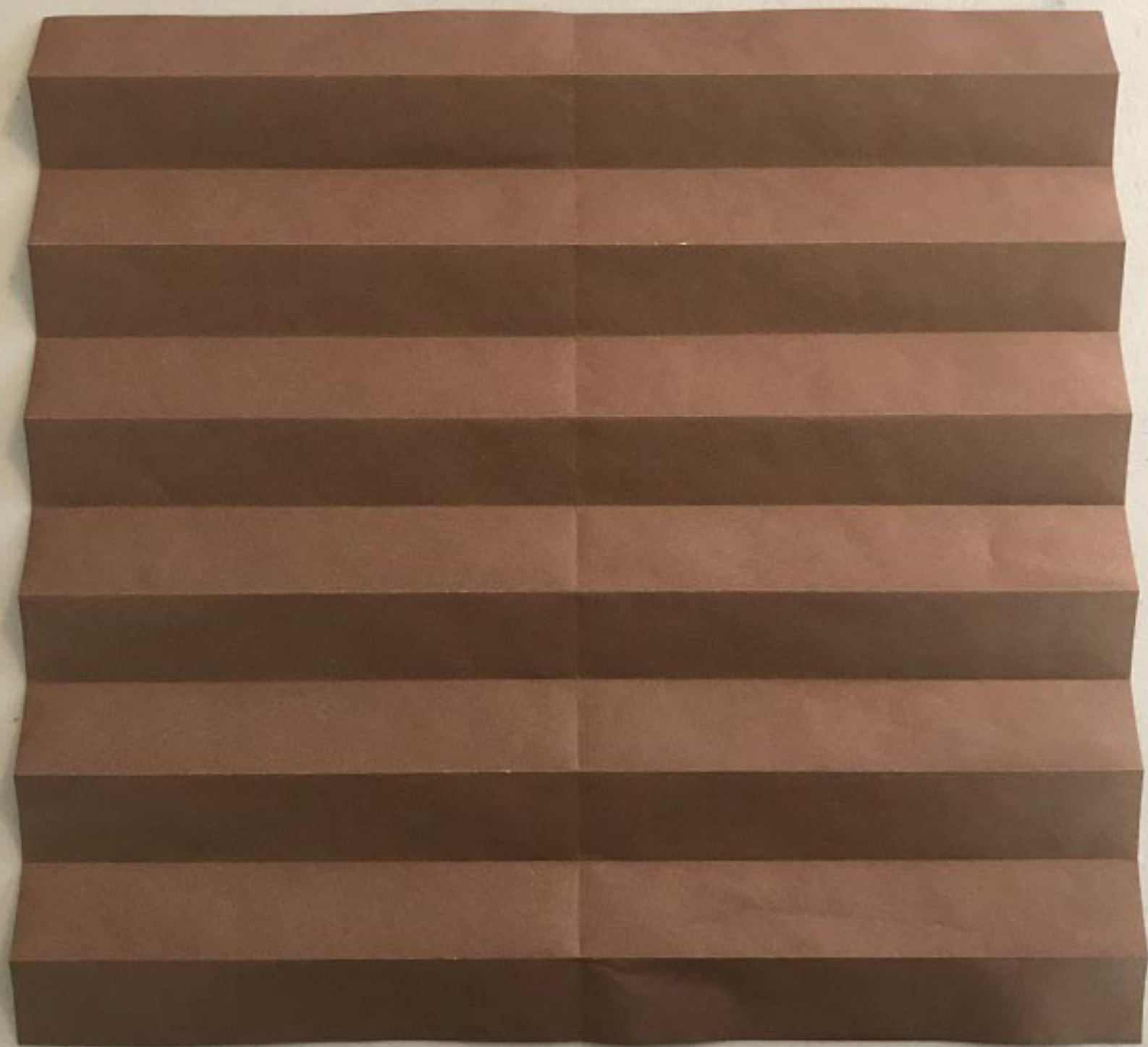


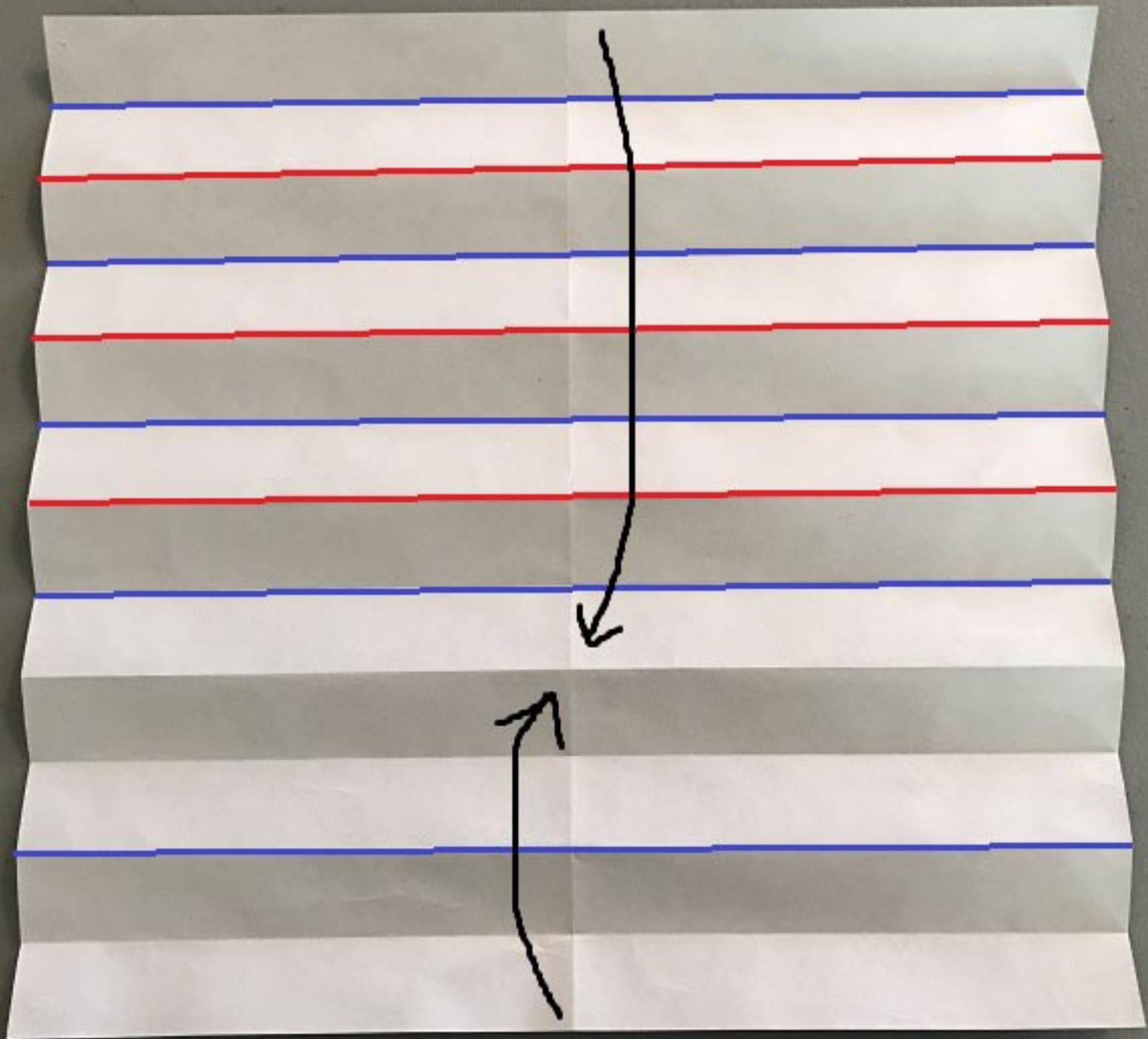
2.1 Neck Twist



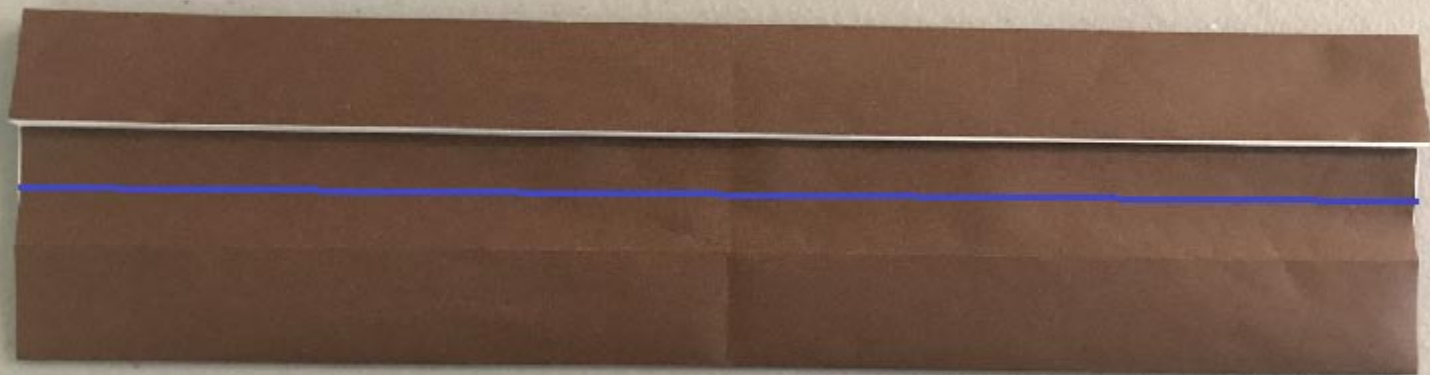


12ths





Crease in half



Crease through all layers

