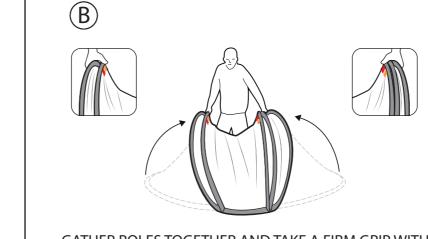
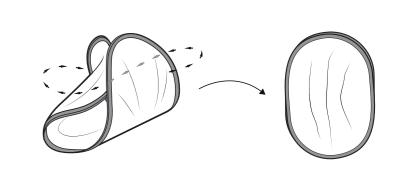


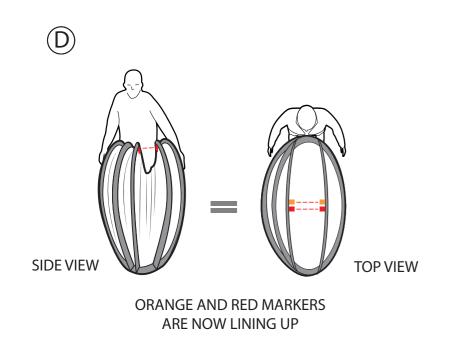
SIDE VIEW





GATHER POLES TOGETHER AND TAKE A FIRM GRIP WITH
RESPECTIVELY YOUR LEFT AND YOUR RIGHT HAND

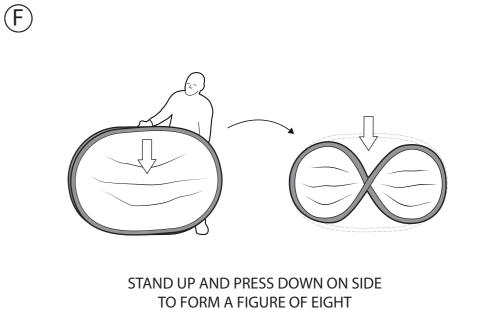
USE FORCE TO TWIST FIRST YOUR RIGHT HAND AND THEN YOUR LEFT HAND TOWARDS THE CENTER TO FORM AN OVAL SHAPE

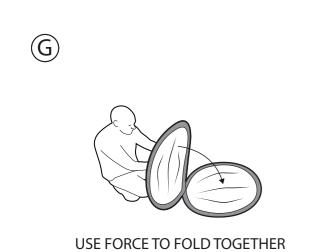


NOTICE THAT ORANGE AND RED

MARKERS ARE NOT LINING UP







TO FORM A CIRCLE

