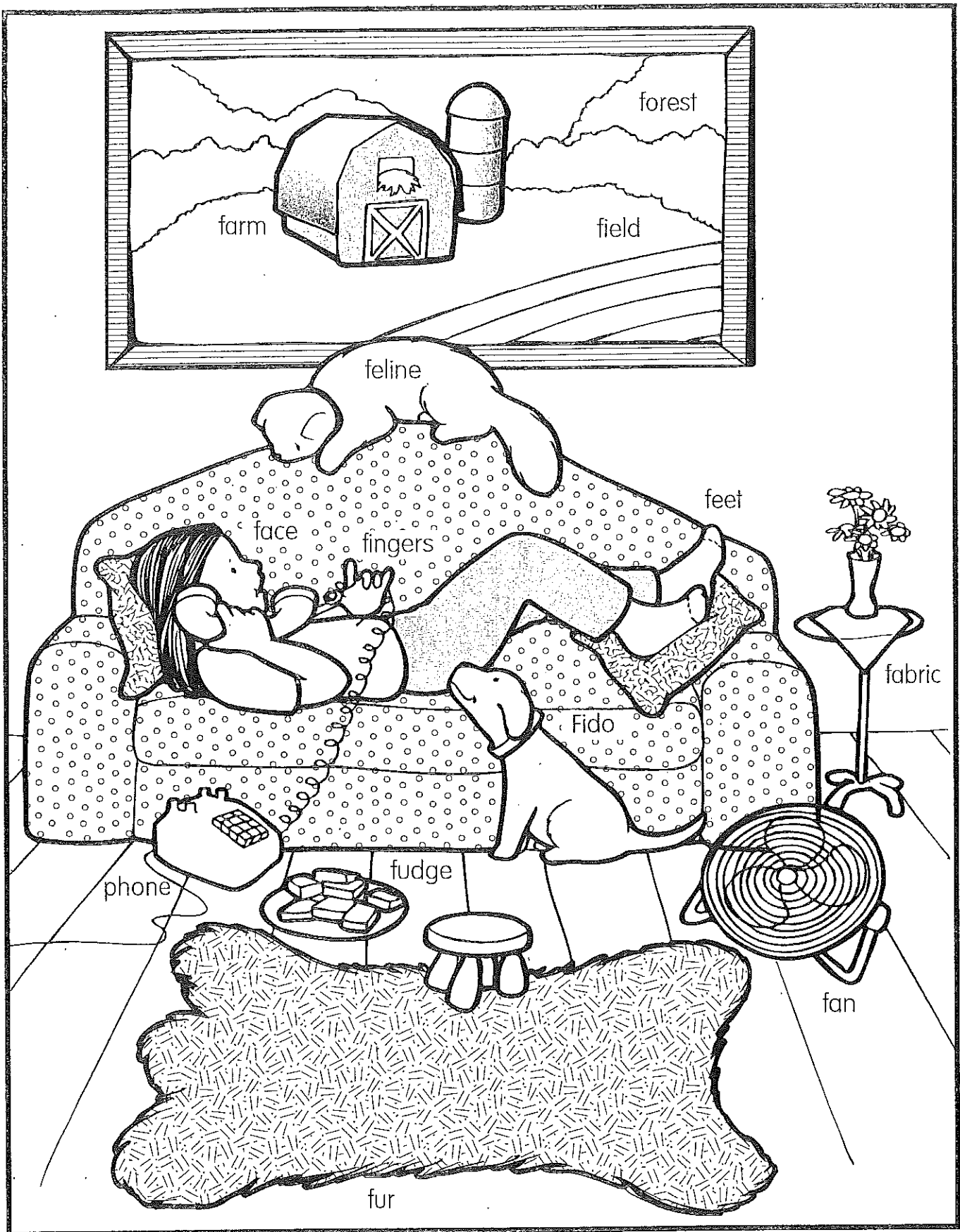


# F - Initial Position

Instructions: \_\_\_\_\_

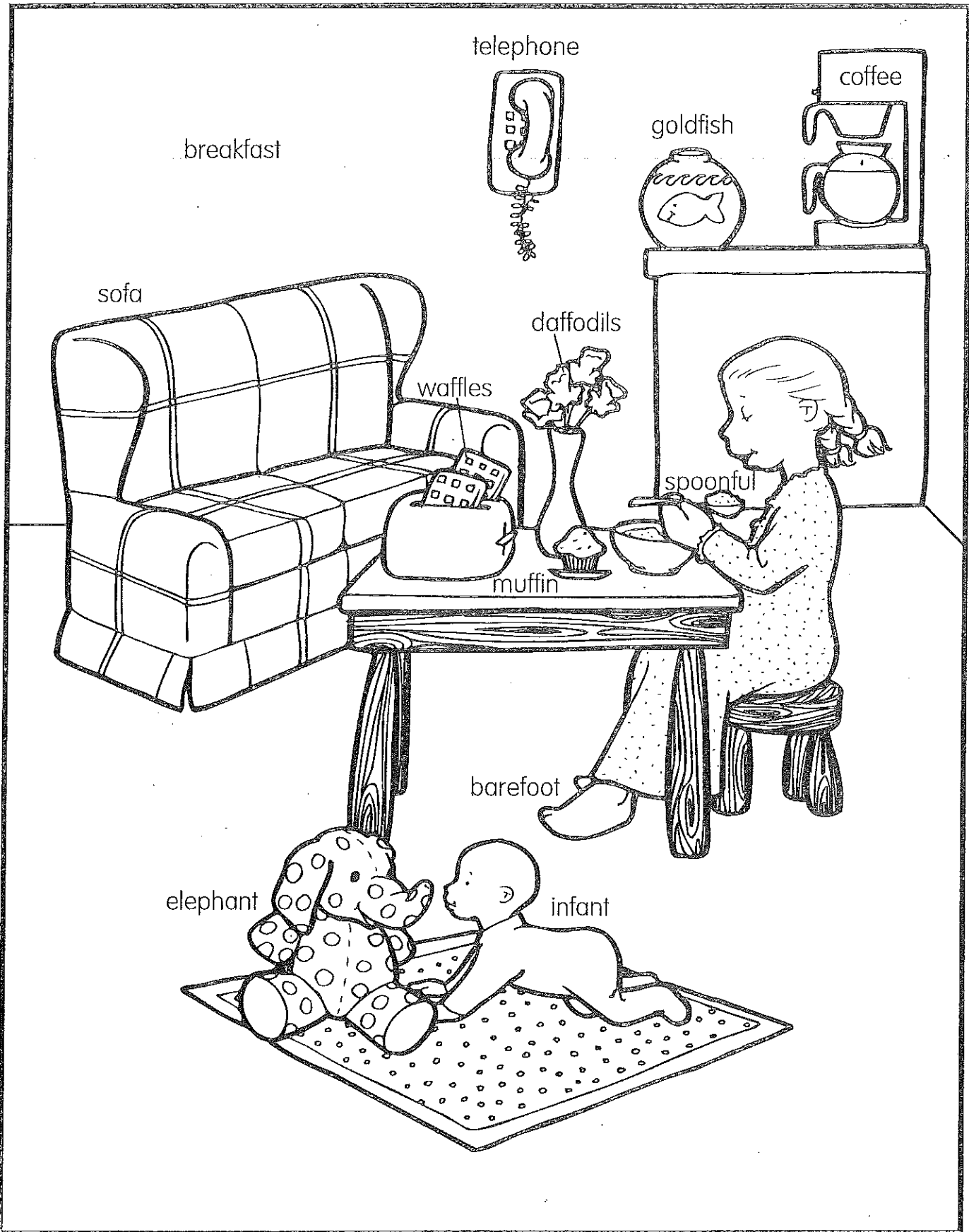


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Name: \_\_\_\_\_ Helper's Signature: \_\_\_\_\_

# F - Medial Position

Instructions: \_\_\_\_\_



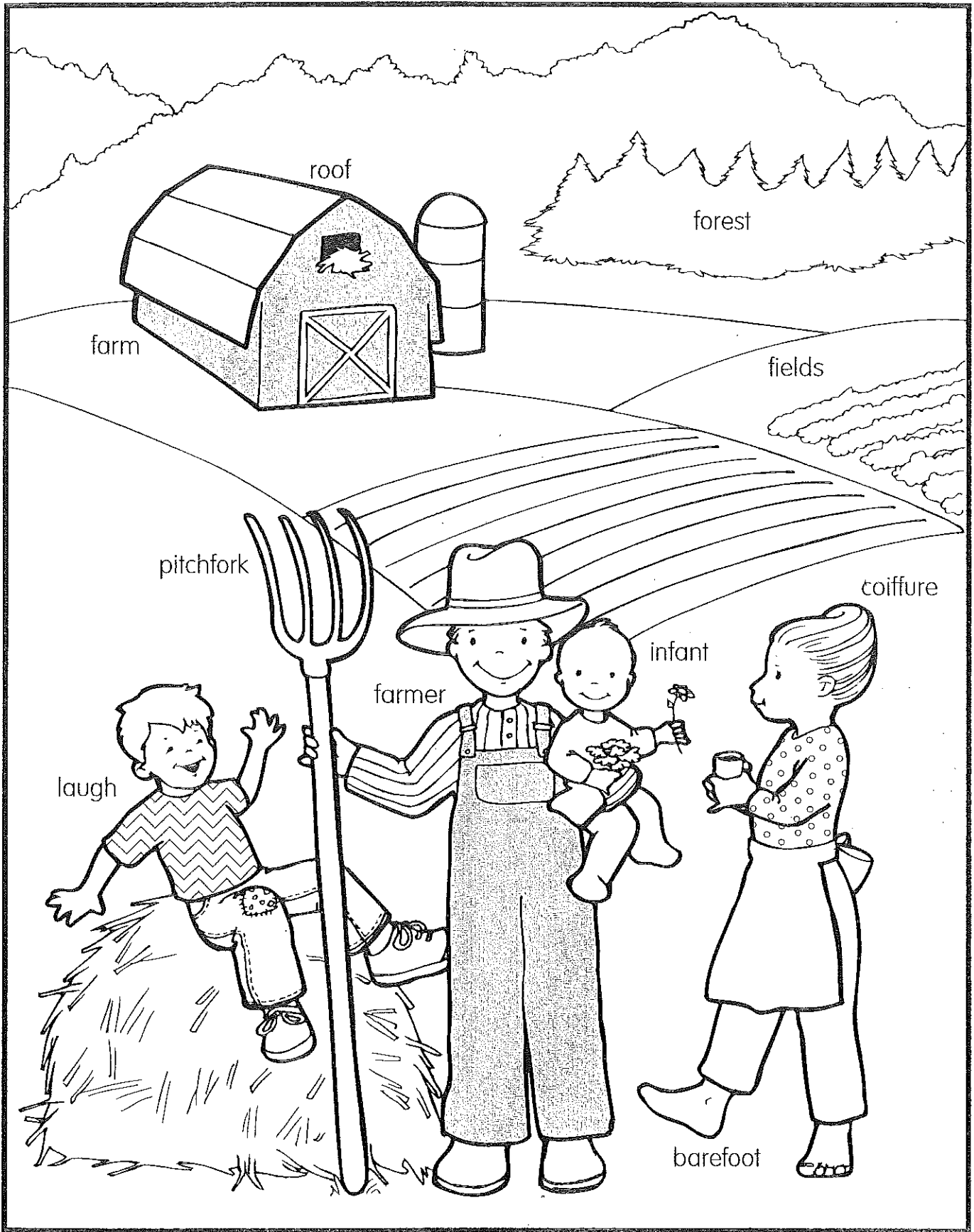
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Name: \_\_\_\_\_

Helper's Signature: \_\_\_\_\_

# F - All Positions

Instructions: \_\_\_\_\_



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Name: \_\_\_\_\_ Helper's Signature: \_\_\_\_\_

