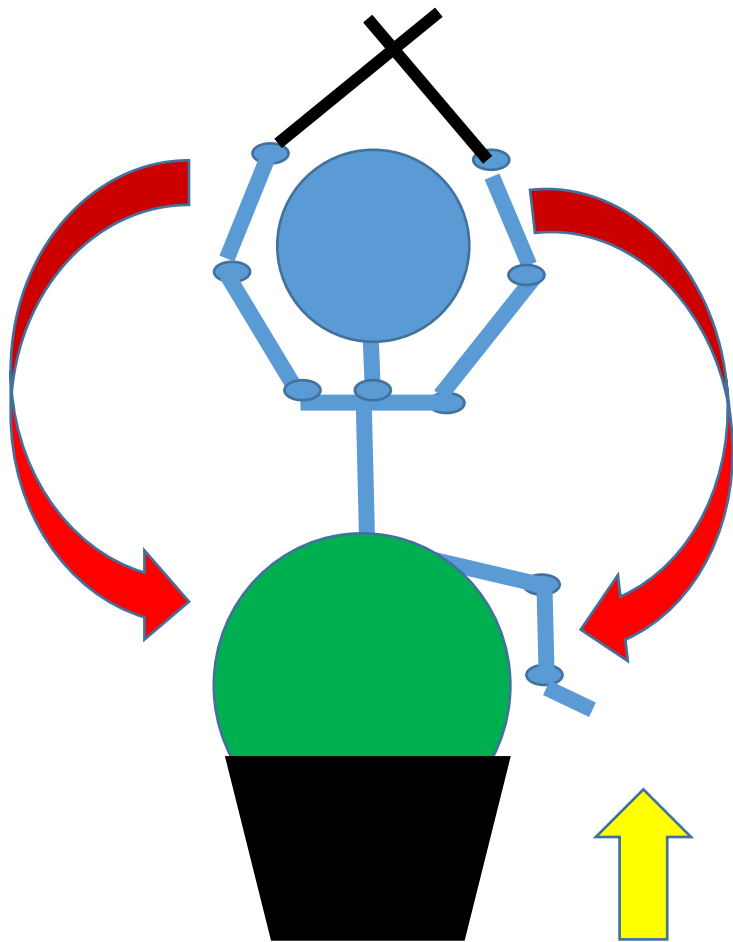


CLAP OVERHEAD

RAISE KNEE



CLAP OVERHEAD

TAP ON SIDES

