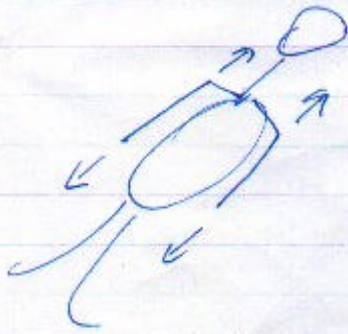
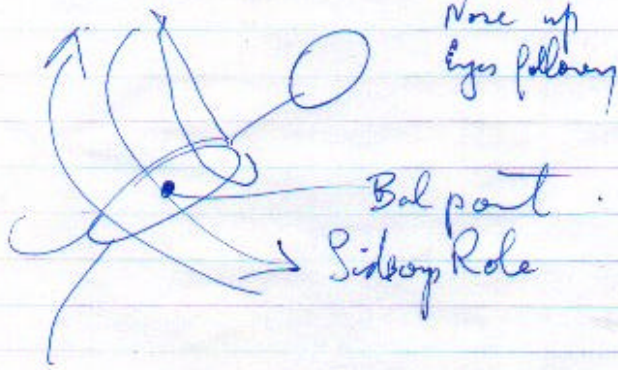


1 POLYENKIRIS

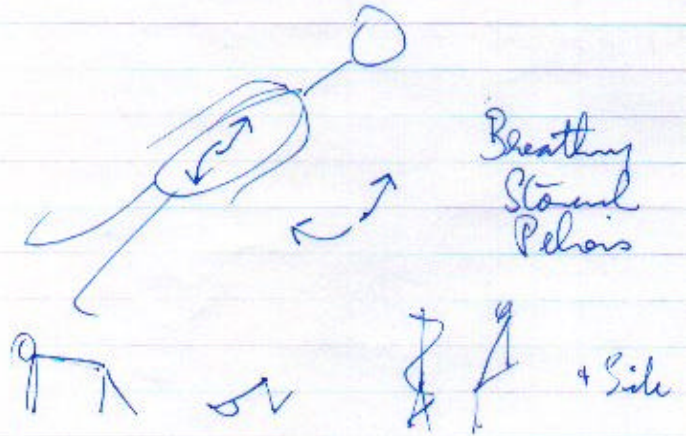


Nose up
Eyes Following

3



4



5

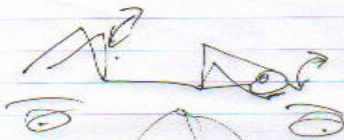
PELVIS
HIPS
SPINE



6

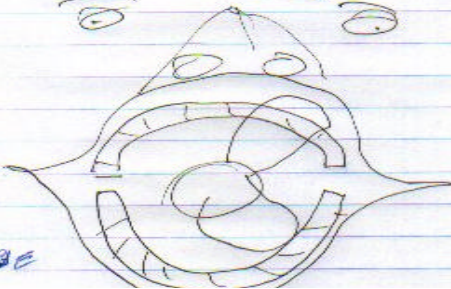


7 (A)
NECK

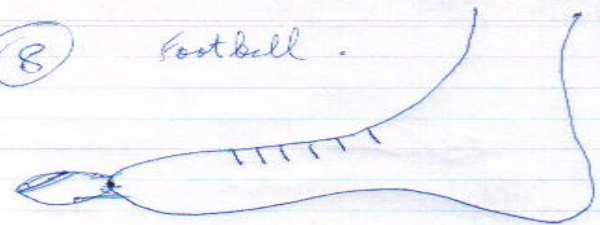


(B)

JAW/
TOOTH



8 Football.



BALLS
1, 2, 3



LEAN WITH
KNEE
ALTERNATE
INSIDE, OUTSIDE, HEEL
FRONT WITH
KNEES.

9 MAGIC CARPET (ROLL)

