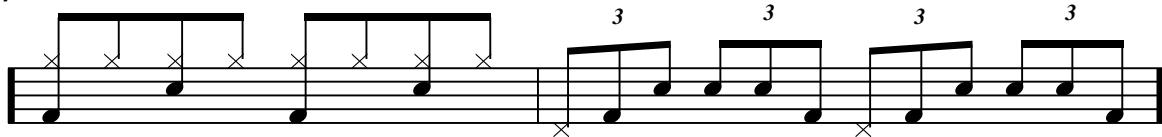


How To Practice Coordination

with Brandon Toews

1) I-r-R-L-L-r



2) R-r-I-L



3) R-L-L-r-I-r

