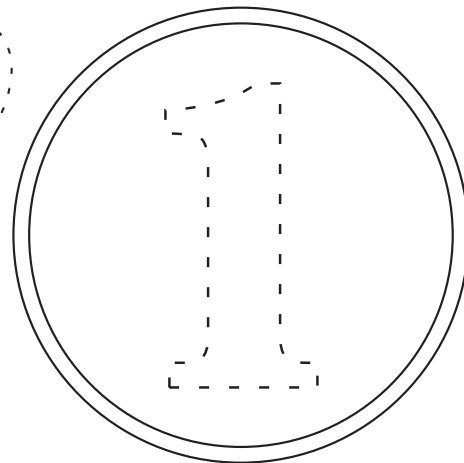
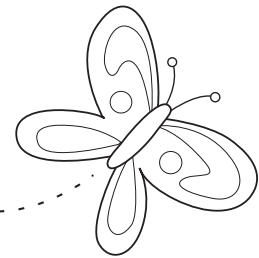


FIRST position

In first position
your feet should be,
heels together in the
shape of a "V"



Trace the number one.