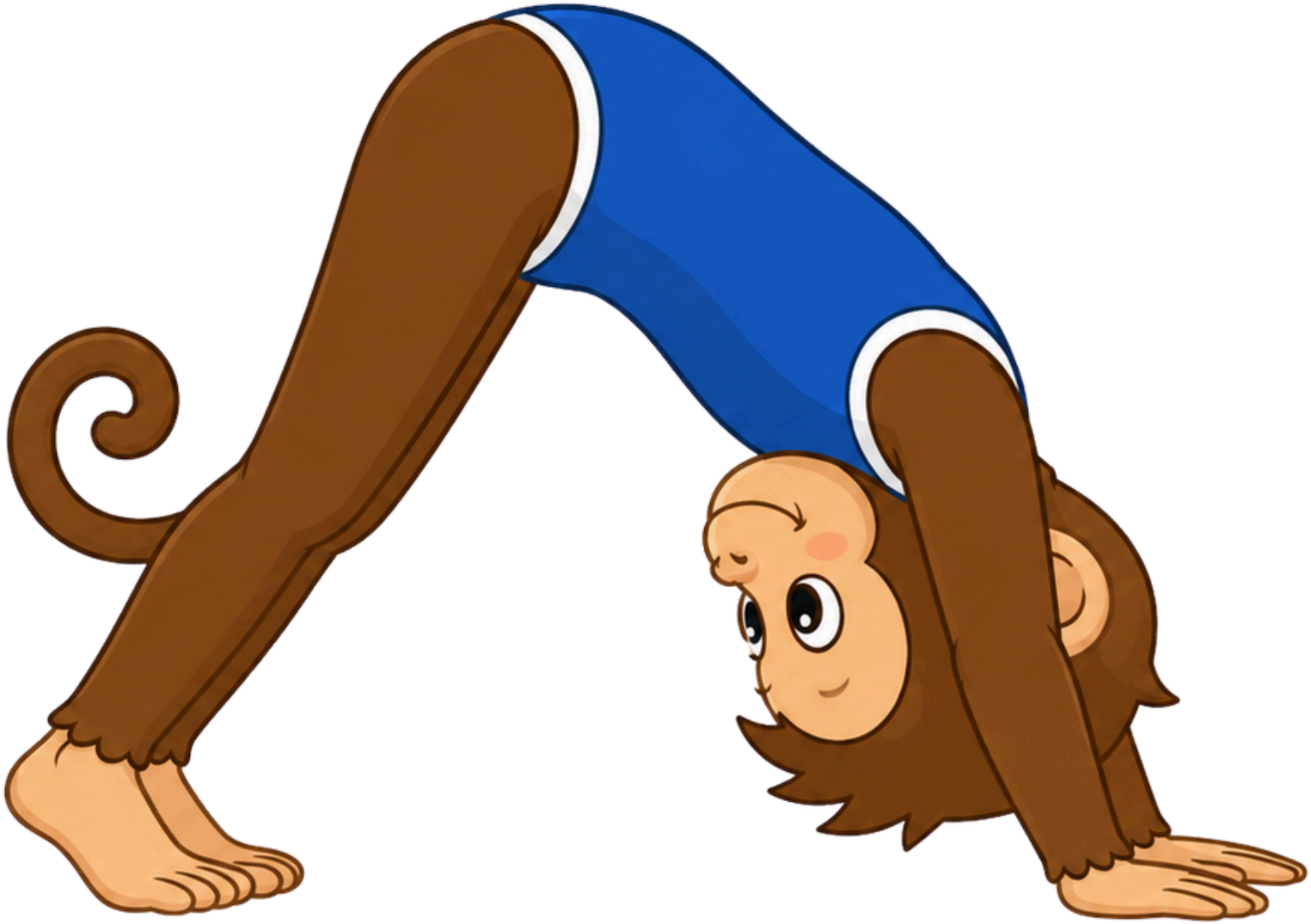


CANDLESTICK



DOWNWARD DOG



DONKEY KICK



TABLE TOP