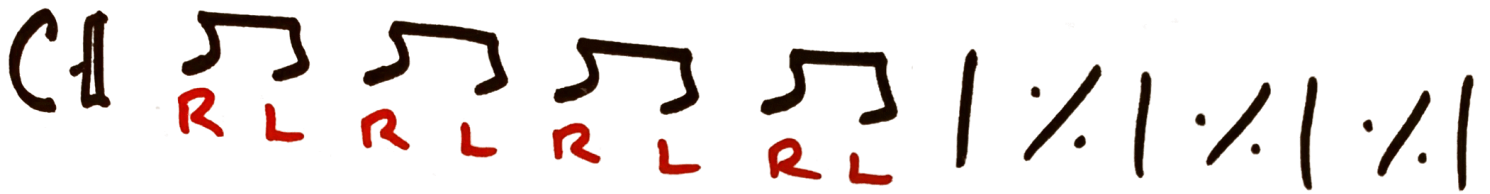
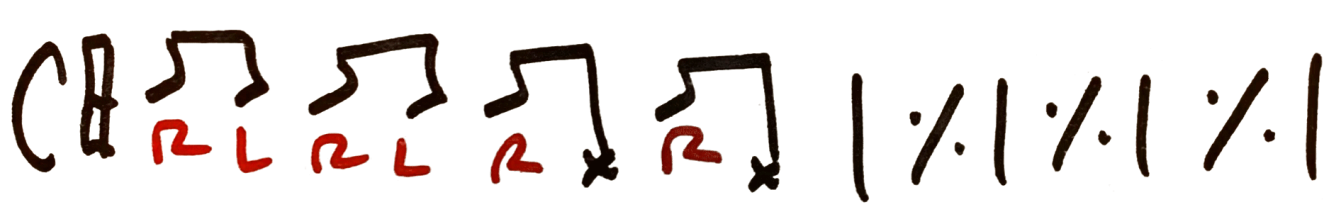


1) Warmups: Single Stroke Roll

C1  | 1/2 | 1/2 | 1/2 |

C1  | 1/2 | 1/2 | 1/2 |

C1  | 1/2 | 1/2 | 1/2 |

C1  | 1/2 | 1/2 | 1/2 |

C1  | 1/2 | 1/2 | 1/2 |

C1  | 1/2 | 1/2 | 1/2 |