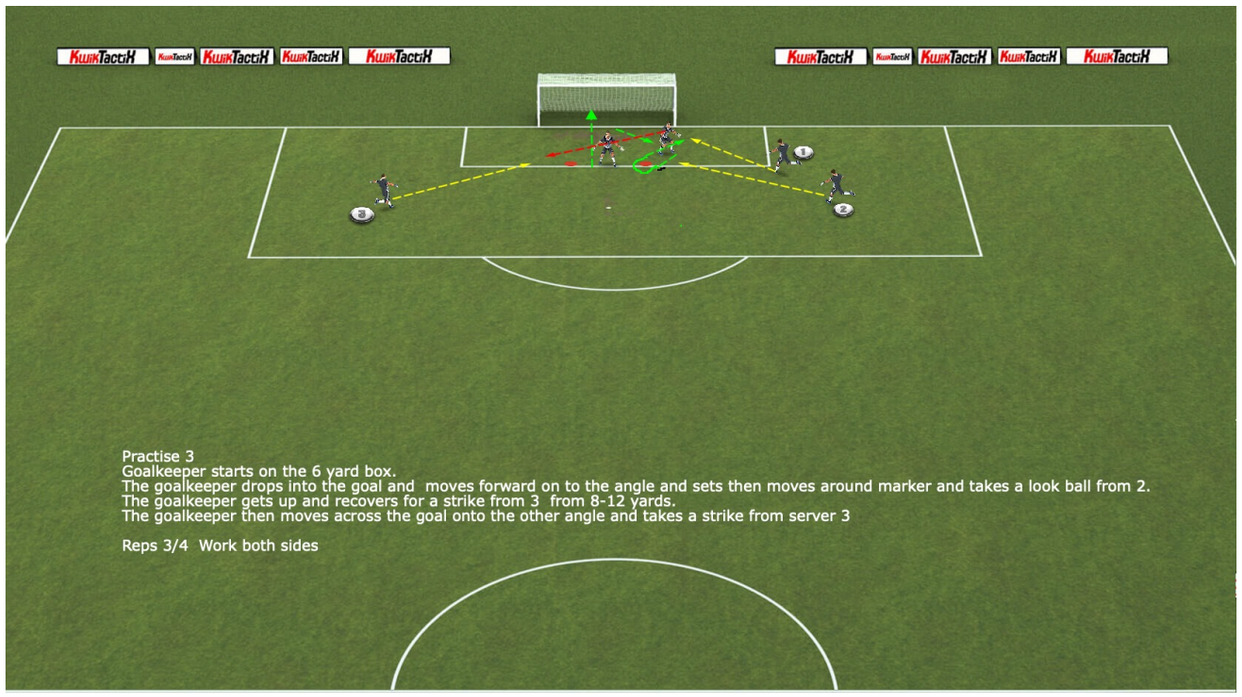
SPEED AND RECOVERY SAVES SHOTSTOPPING

PRACTISE 1

PRACTISE 2



PRACTISE 3