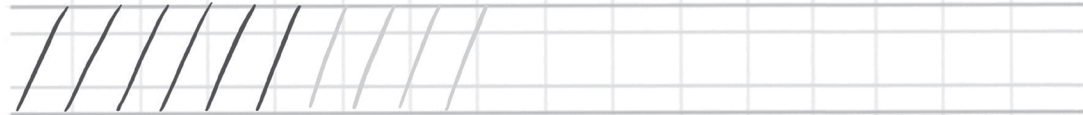
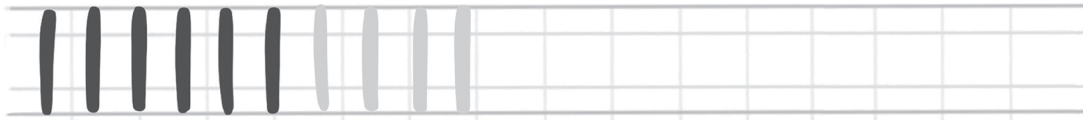


# practice basic strokes

DOWNSTROKES    | | | | |    / / / / /  
UPSTROKES      | | | | |    / / / / /



UNDERTURN    U U U U U  
OVERTURN    A A A A A



ENTRY STROKE / / / / /  
FULL PRESSURE | | | | | | | |

/ / / / / / / / /

| | | | | | | | |

COMPOUND CURVE u u u u  
n n n n

u u u u u u u u

n n n n n n n

practice basic strokes, continued

OVAL 000000

0 0 0 0 0 0 0

ASCENDER LOOP STEM P P P P P

DESCENDER LOOP STEM J J J J J

P P P P P P P

J J J J J J J