

```
import java.util.Scanner;
class Main
{
    public static void main(String[] args)
    {
        Scanner input=new Scanner(System.in);
        int num=input.nextInt();
        int shakes=0;
        for(int i=1;i<=num;i++)
        {
            shakes=shakes+(num-i);
        }
        System.out.println(shakes);
    }
}
```