CARPE DIEM
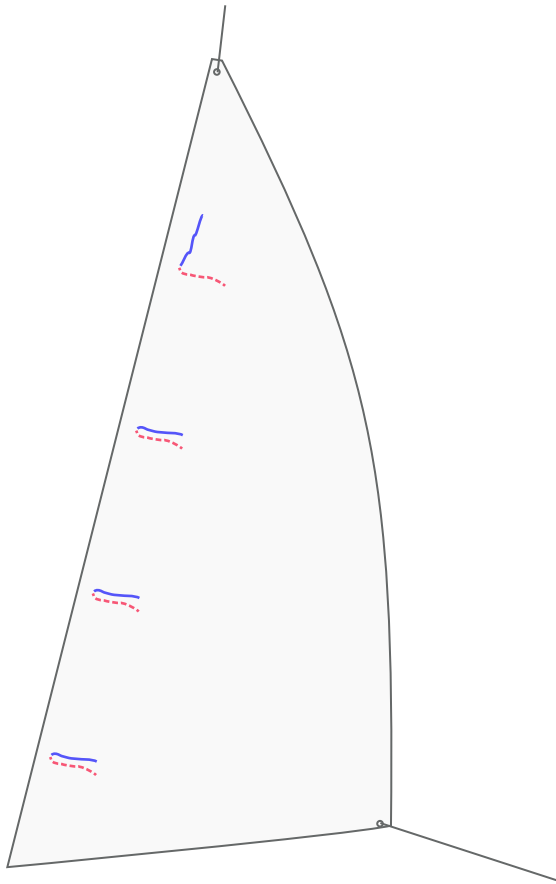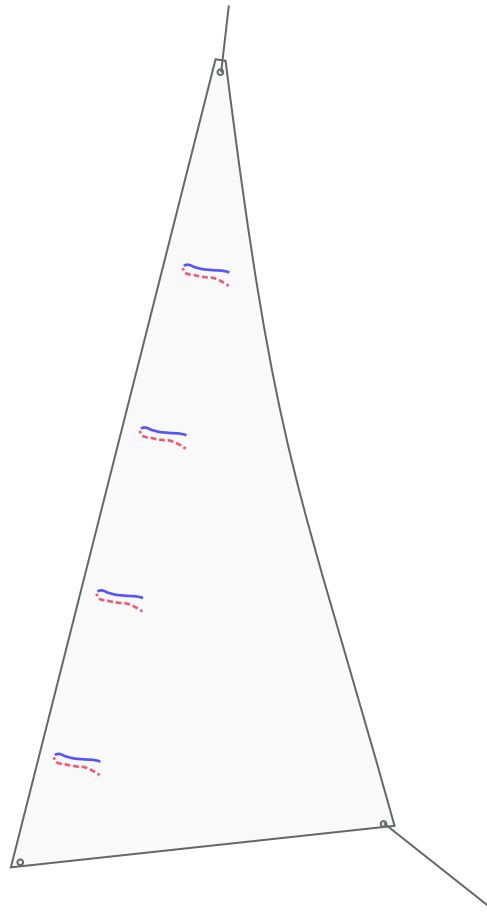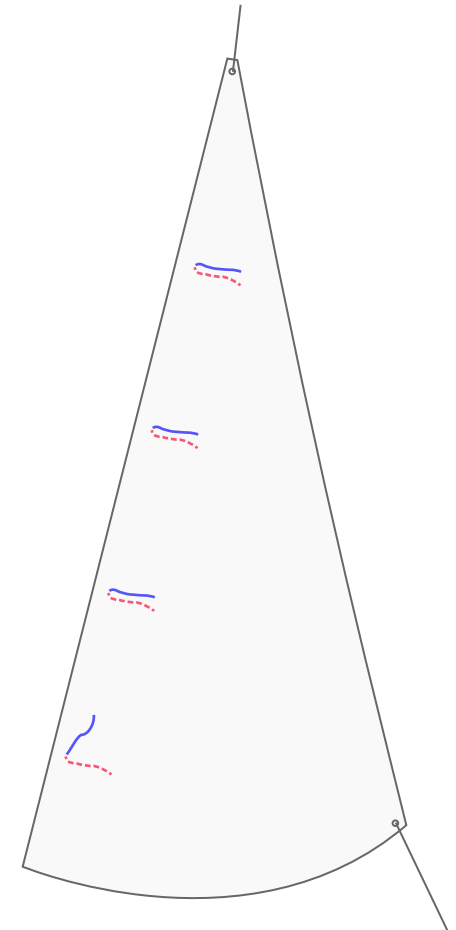SAIL TRAINING

Lead is too far aft
Foot is tight, leech is loose

OK

Lead is too far forward
Foot is loose, leech is tight

You Tube Ep 21: https://youtu.be/4FMrRx4GYVU