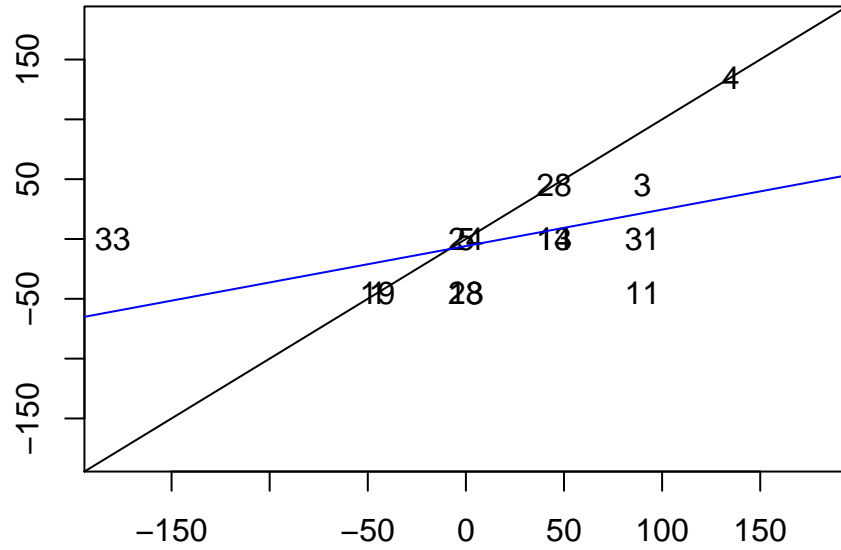# Shift Direction