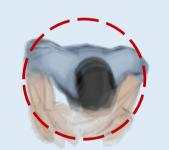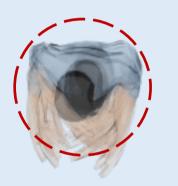low hand radius   middle hand radius   high hand radius