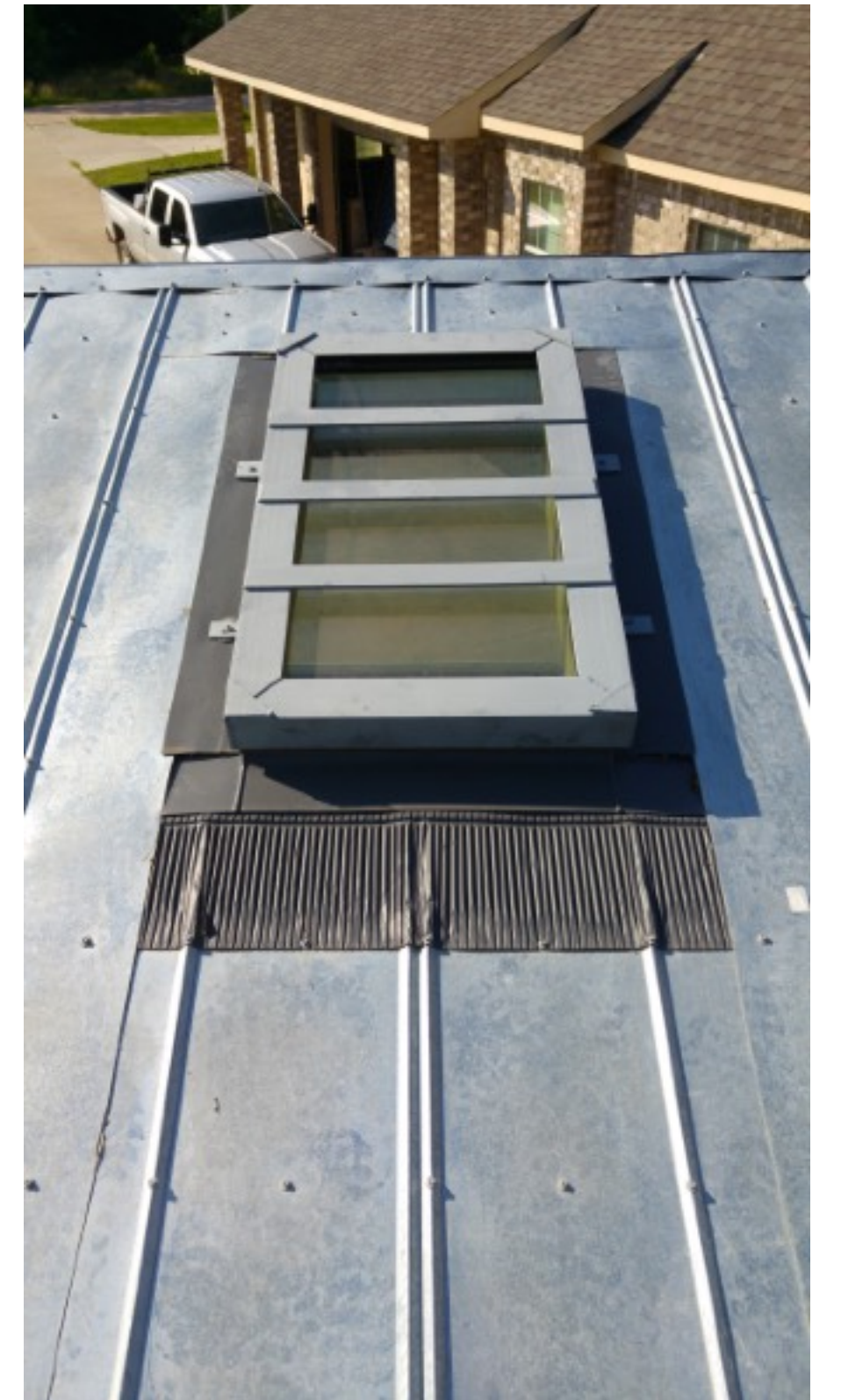


# Lesson 1



**Brace for low ceilings**





# Lesson 2



**Level is underrated**

