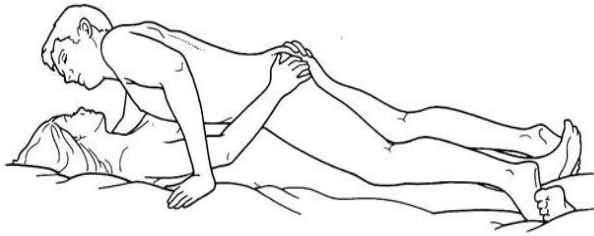


**Mikao Sita, 6 Ya Msingi Ya Kushiriki Tend.**

**1. Mwanaume Shupavu.**

A.



B.

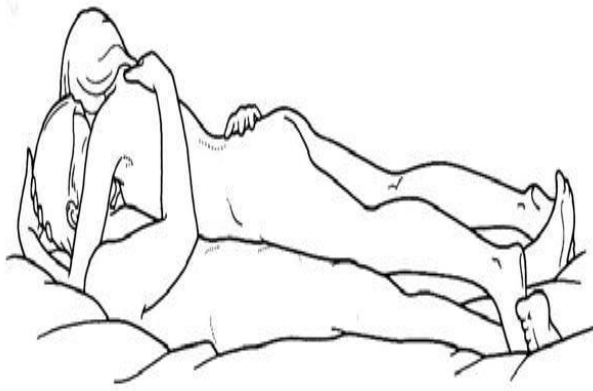


C.



2.

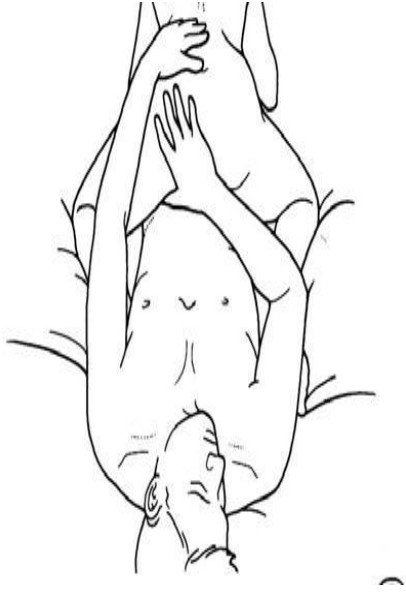
A.



B.

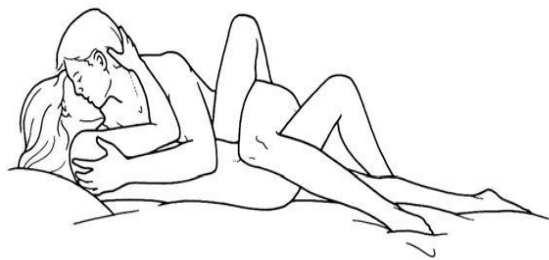


C.

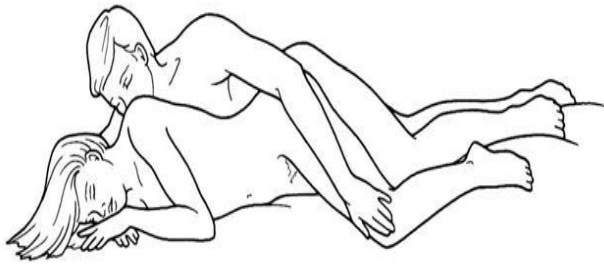
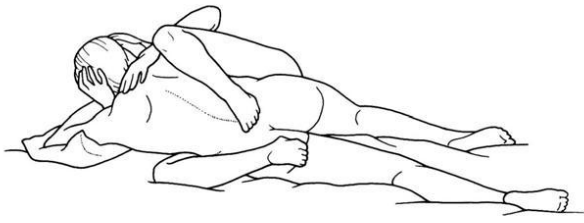


3.

A.



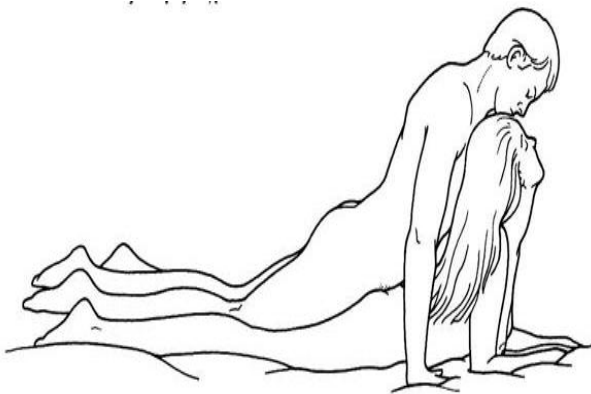
B.



C.

4.

A.





*Position A*



*Position B*



*Position C*



6.

## *Sitting and Kneeling*



*Position A*



*Position B*



*Position C*