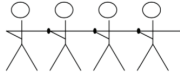
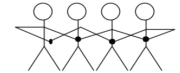
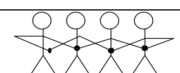
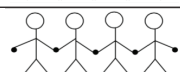
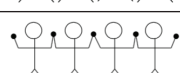


Hand Hold Positions

(a)	Teapot hold (straight arm to bent elbow - in front)	
(b)	Front basketweave hold (hands joined behind)	
(c)	Back basketweave hold (hands joined behind)	
(d)	Low 'v' hand to hand hold	
(e)	Muscle hold (hand to hand variation)	
(f)	Low 'v' hand to hand hold	