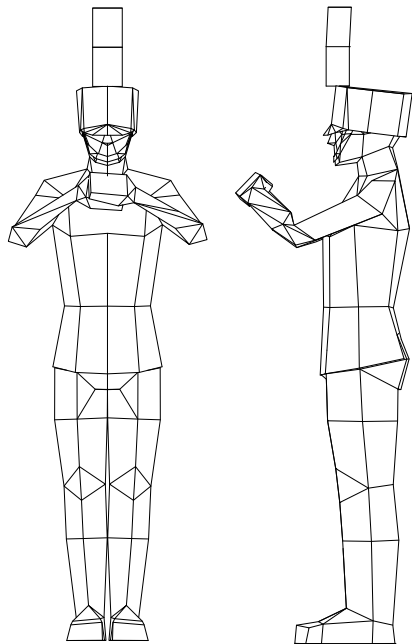


ATTENTION

BAN TEN HUT! HUN!



Head up 15°

Arms extended

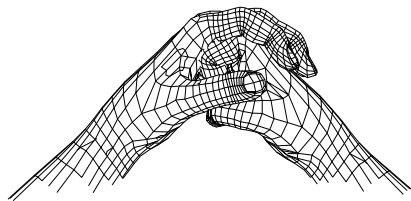
Hands together

Back straight

Hips level

Knees unlocked

Feet together



TIPS:

- Keep shoulders relaxed
- Arms out enough to reach in for a hug
- "L" shape hand under chin for head angle
- Left hand over right fist
- Hands just below eye level