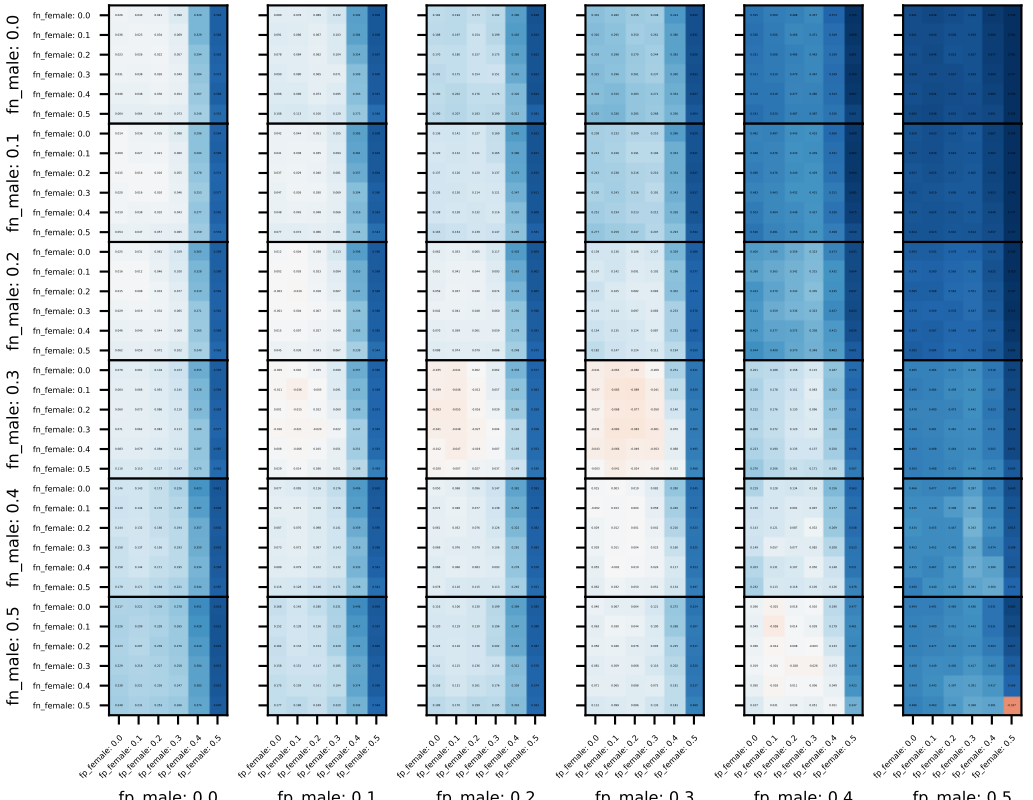Two step forward improvement