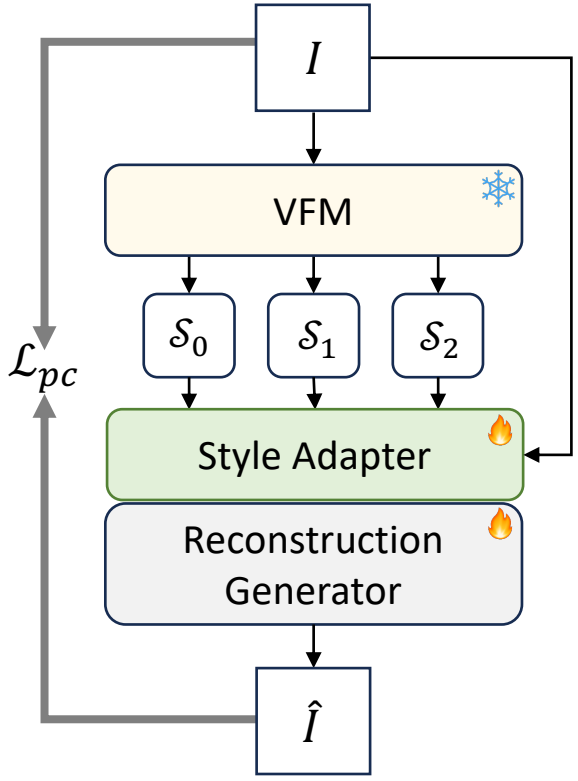
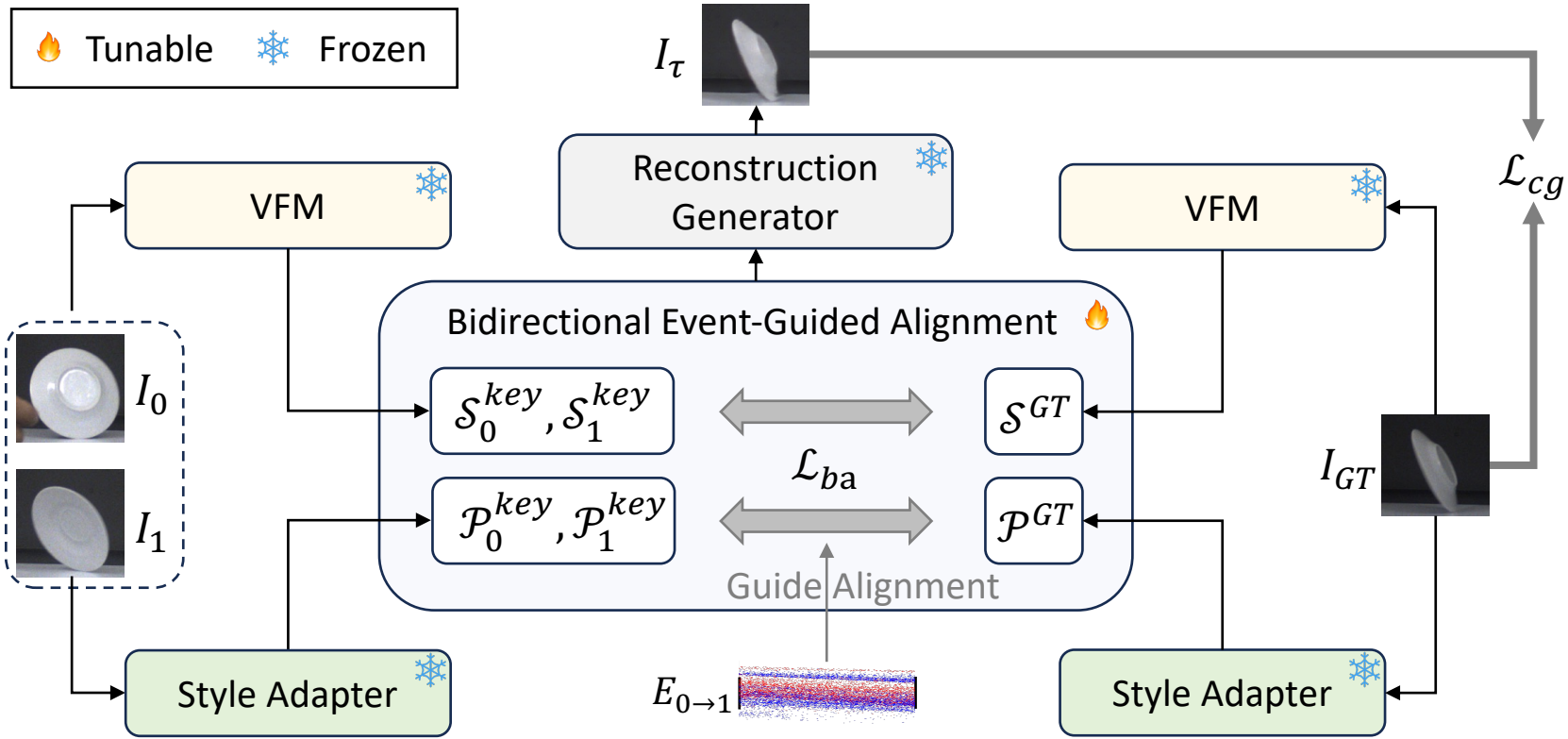



Training Stage one




Training Stage two