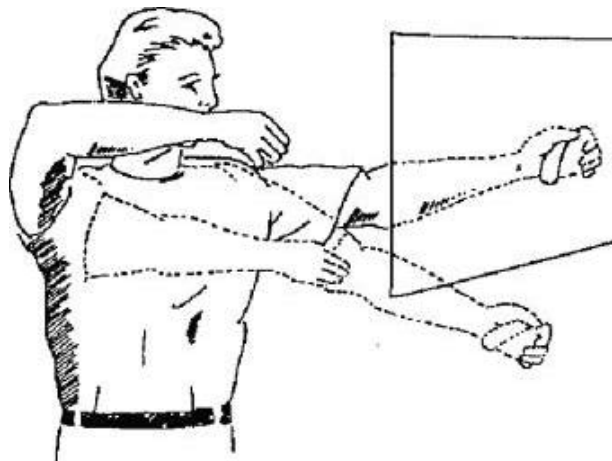


## Pictures and Illustrations

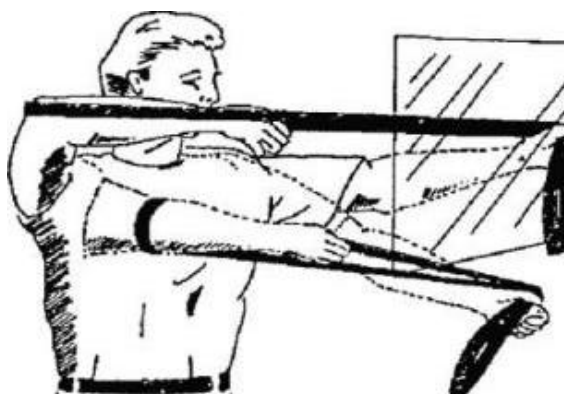


High interlaced fingers



High shooting mime

Simulation of raising with mirror

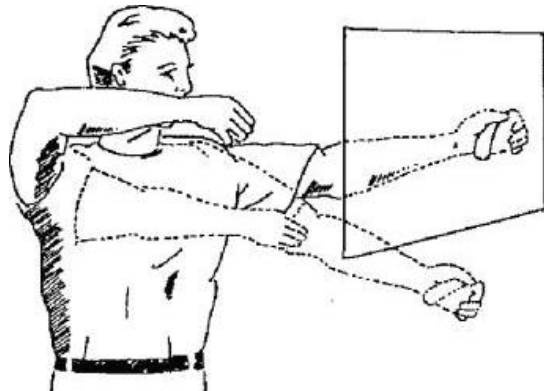


High line of forces

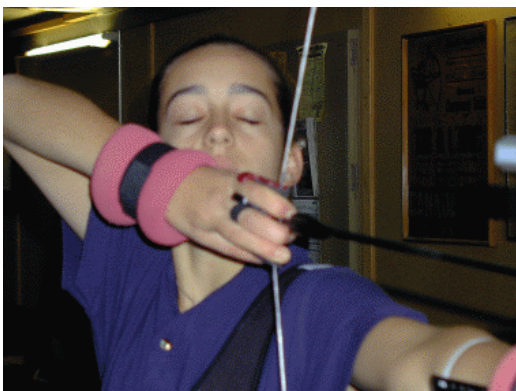
Raise mimic with band and a mirror



Watch Bow shoulder direct



Raising bow with mirror



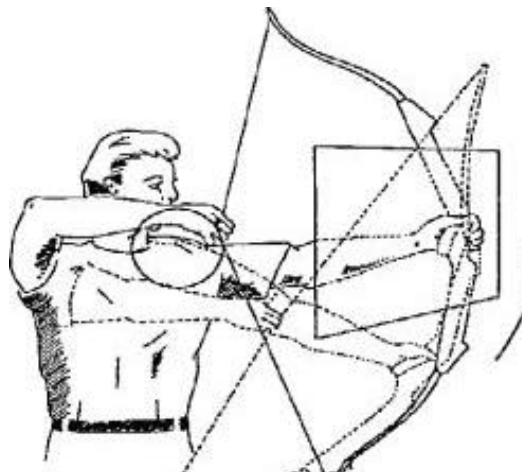
Draw your closed



Draw eyes up



Open interlaced arms



Weights wrist on



Strech



Contact before strech