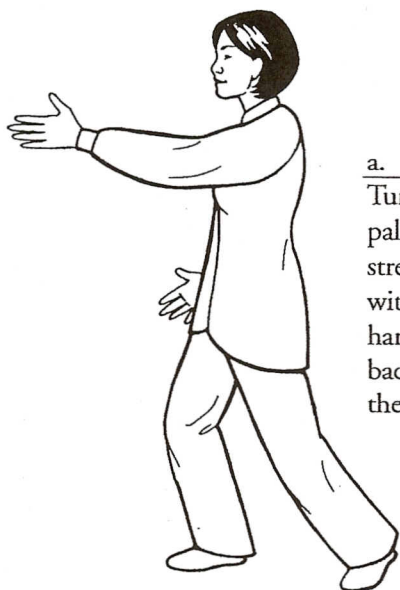


THE ADVANCED MOVEMENTS

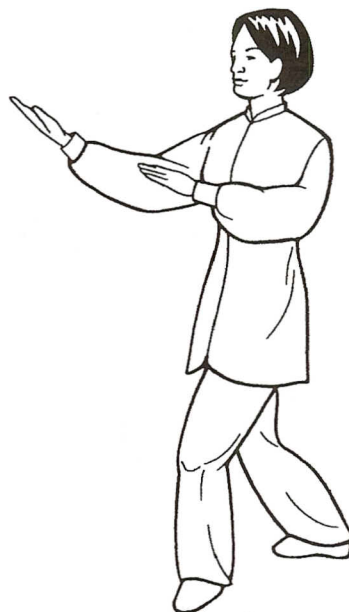
All positions represented as mirror image.

7. Playing the Lute



a.

Turning both palms inwards, stretch forward with the right hand and step backwards with the right foot.



b.

With your weight on your right foot and drawing the left foot back, move the right hand back, and the left hand forward.