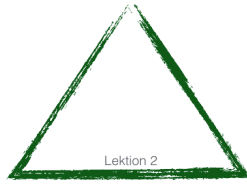
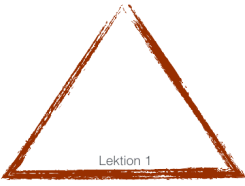


# Grundübung

nach H.L. Clarke - Technical Studies

Finger

Stütze



Luftfluß

Sauberkeit

Luftfluß

Einatmung

