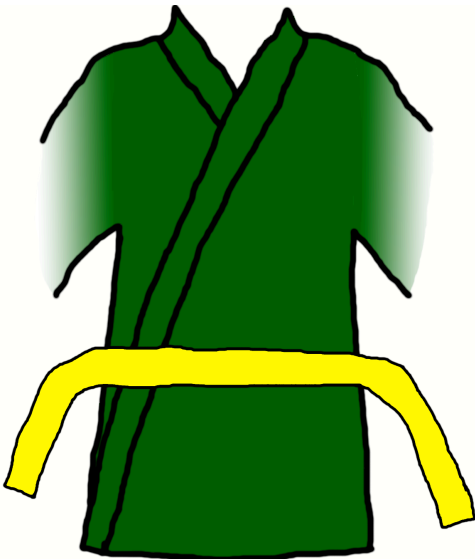


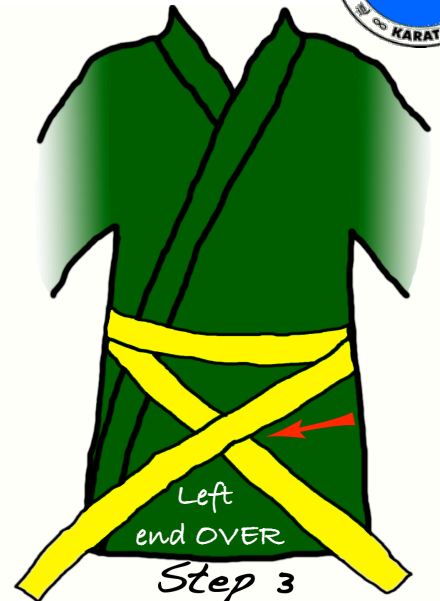
Green Dragon Martial Arts



Step 1



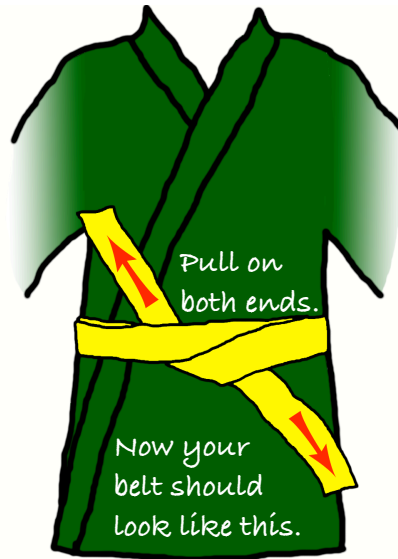
Step 2



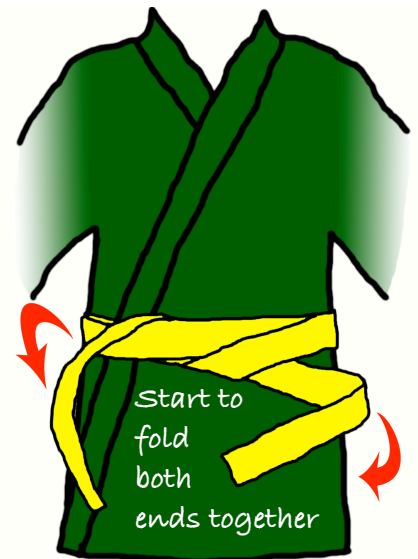
Step 3



Step 4



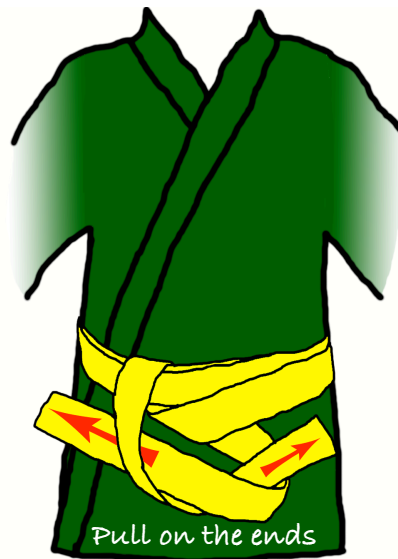
Step 5



Step 6



Step 7



Step 8



Step 9