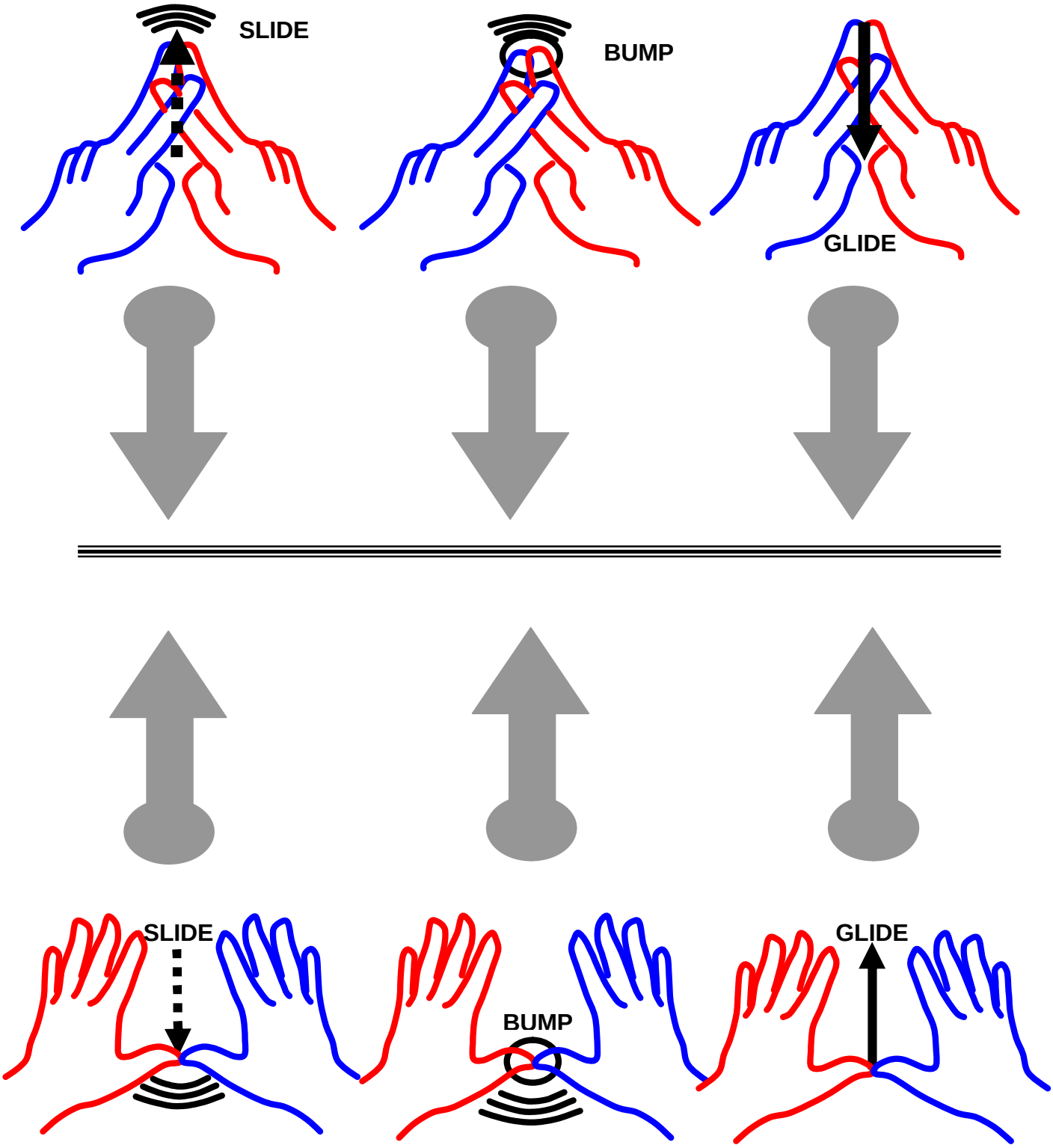
Teaching Aid – Hand positions
By Lara Neighbour, National Instructor



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