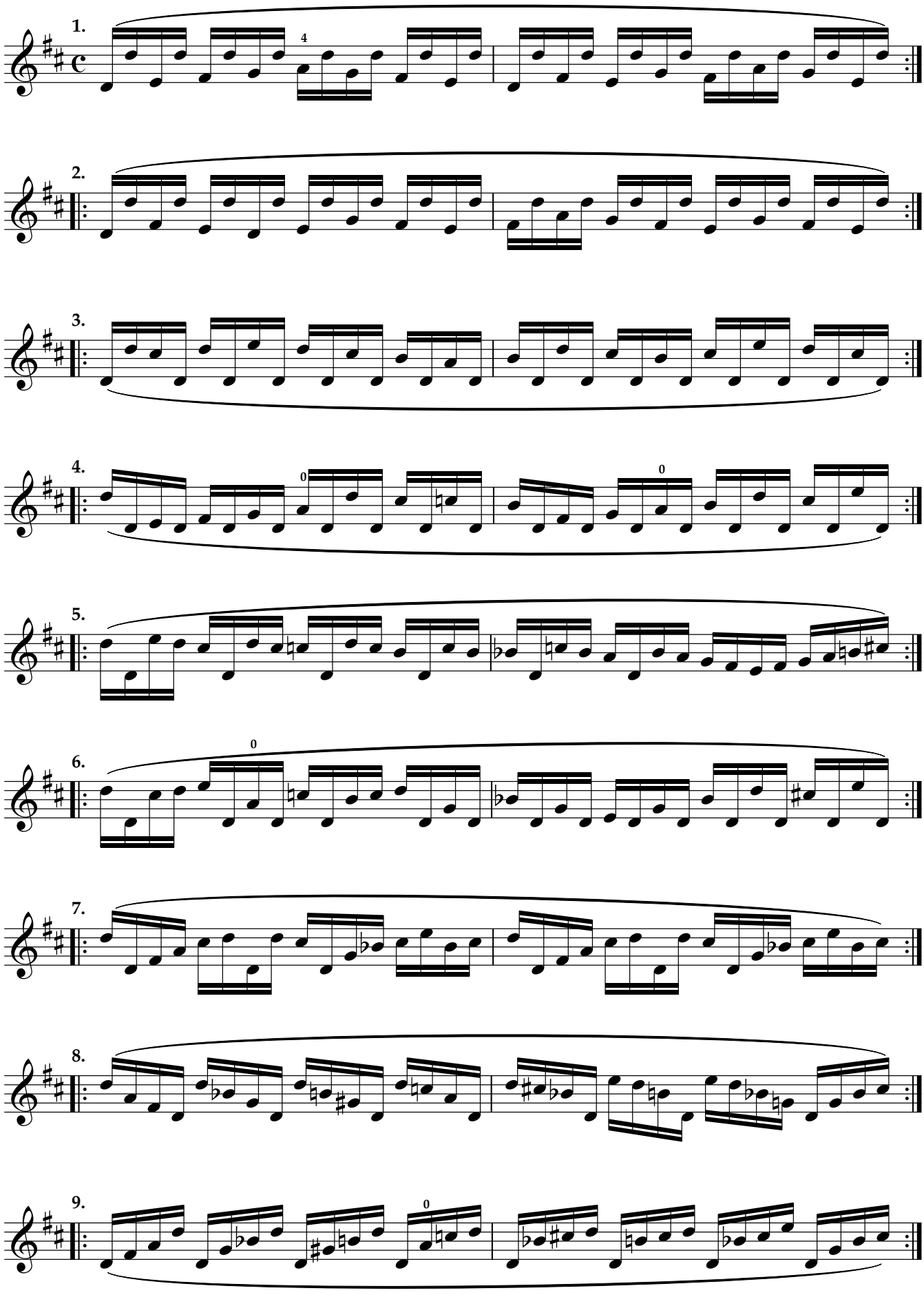
IV

Exercises to be practised with wrist-movement only, keeping the right arm perfectly quiet.

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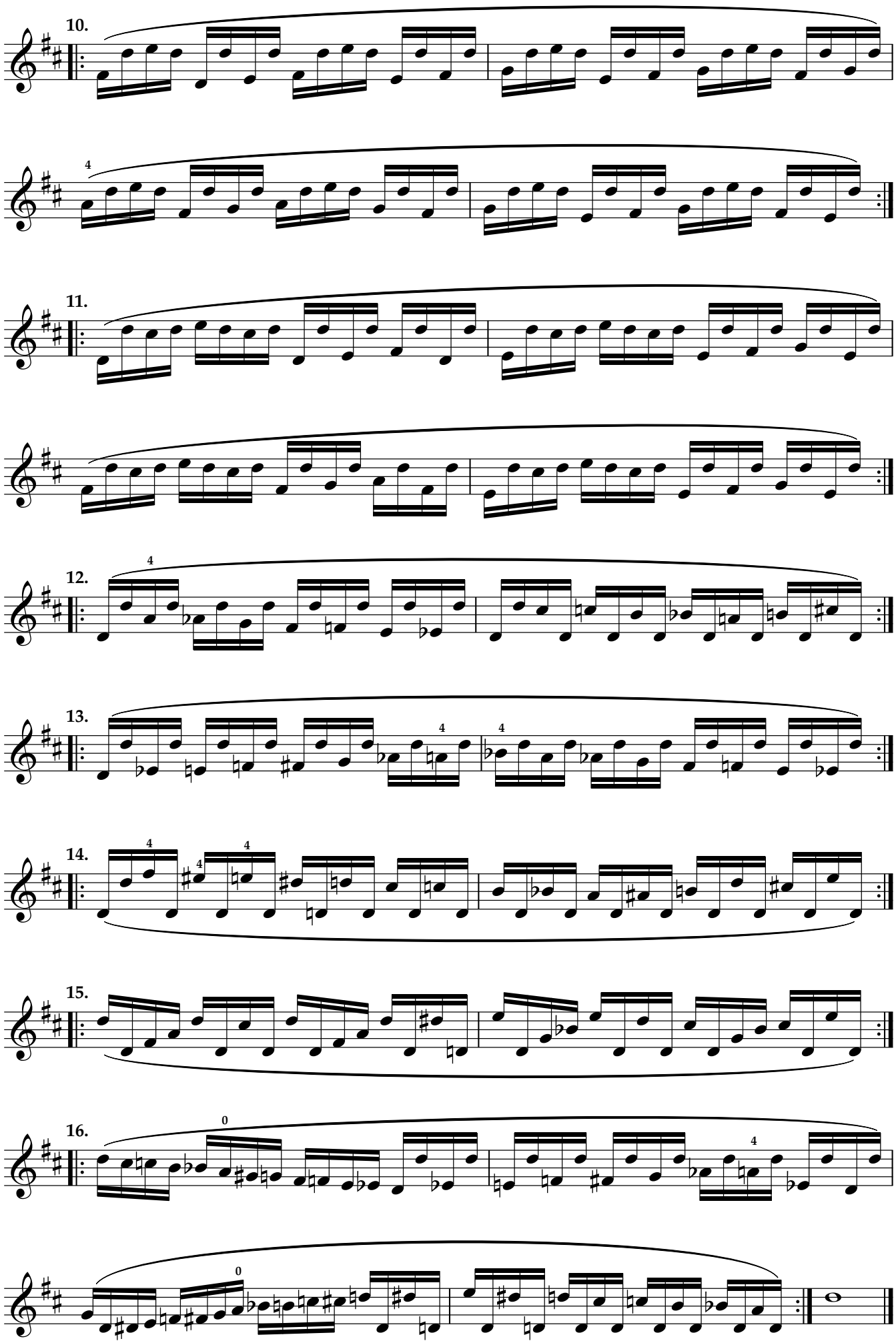
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