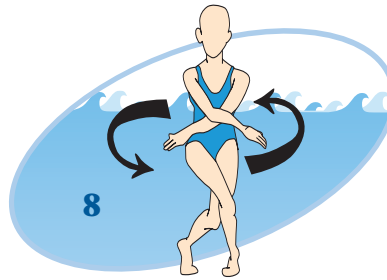
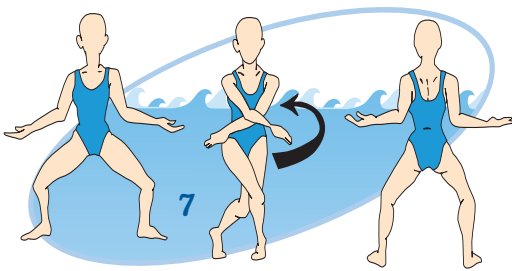
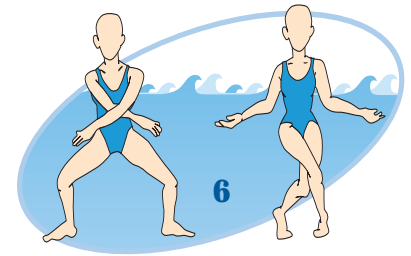
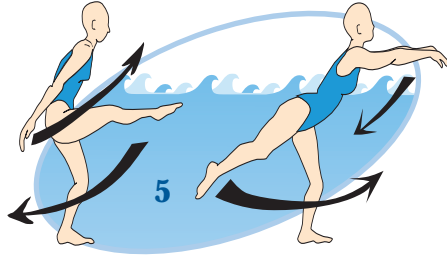
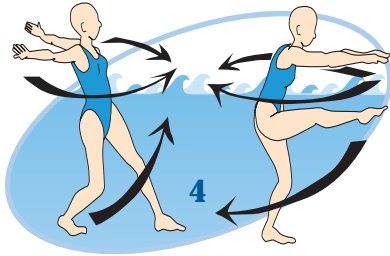
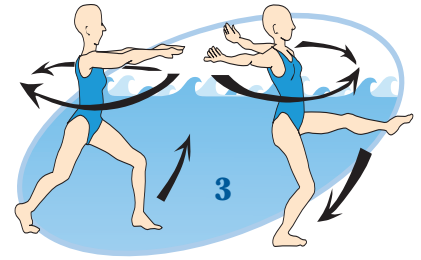
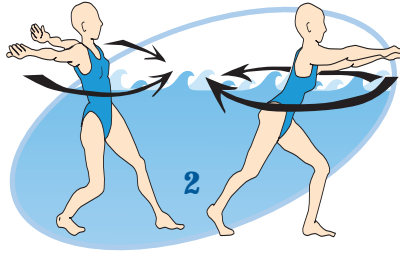
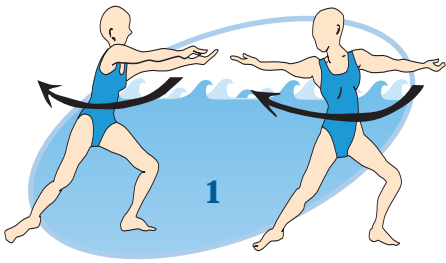


WATERFITNESS



AI CHI TECHNIQUES

- | | |
|-------------------------|---------------|
| 1. Shifting | 5. Balancing |
| 2. Accepting | 6. Flowing |
| 3. Accepting with Grace | 7. Reflecting |
| 4. Rounding | 8. Suspending |