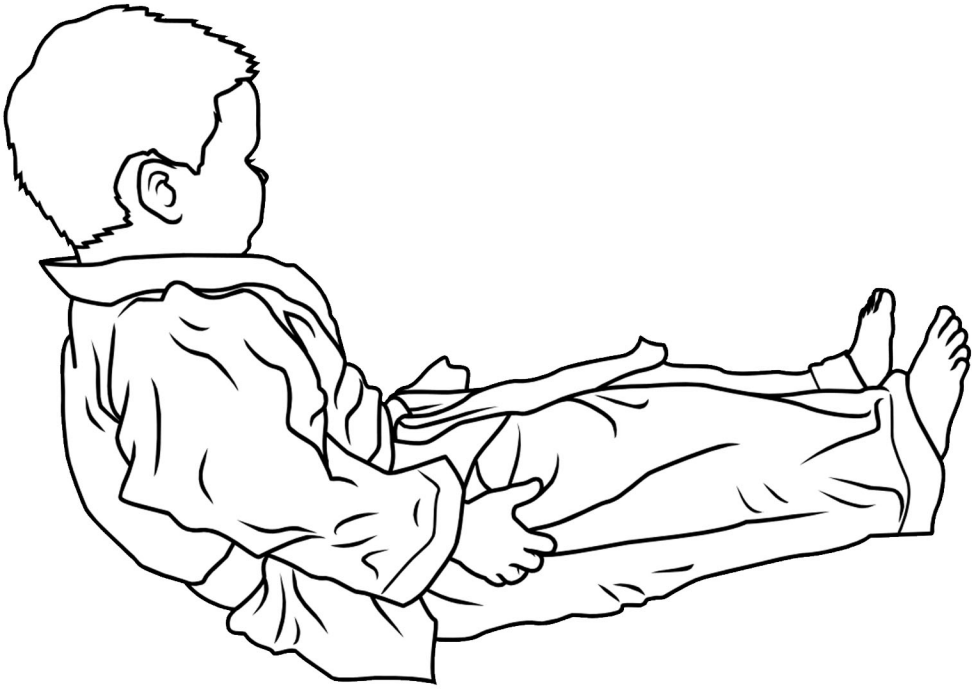
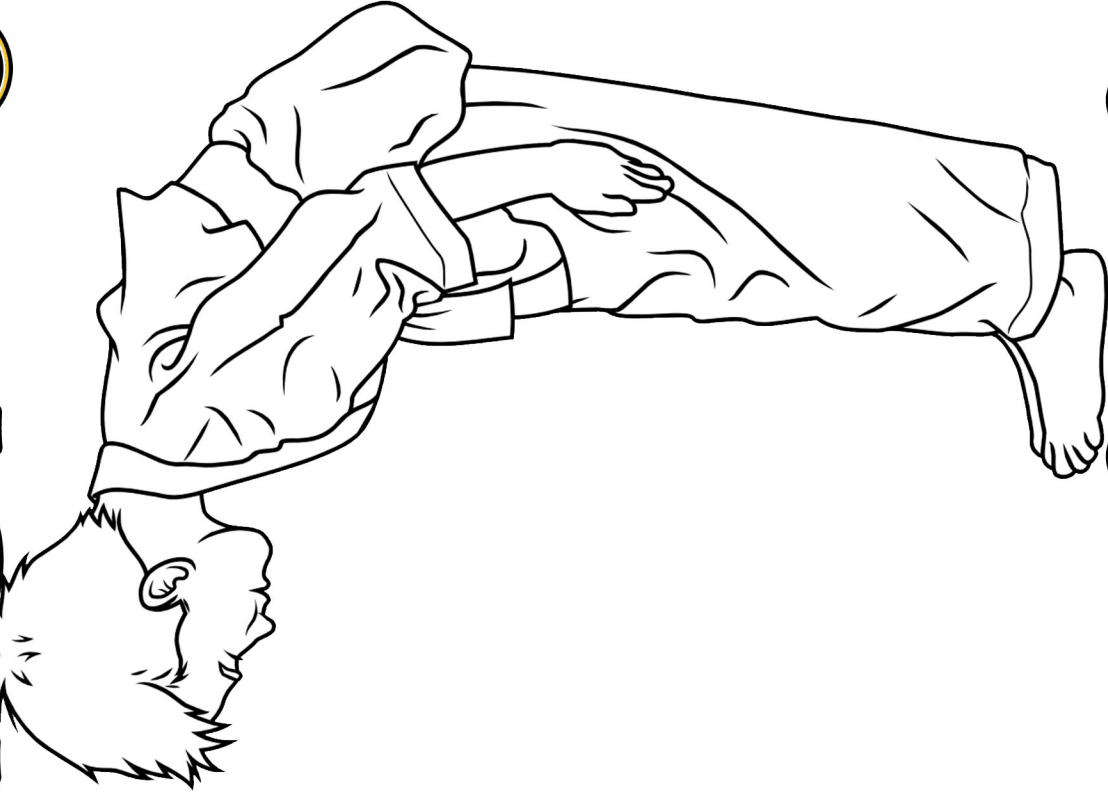


COURTESY



BLACK BELT PRINCIPLES