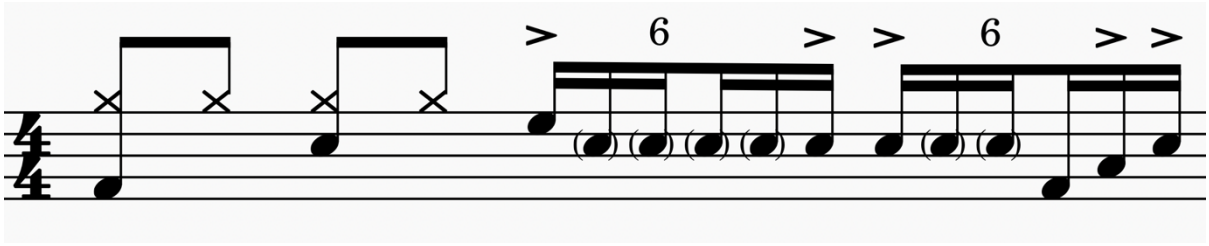USING:
THE 6 STROKE ROLL