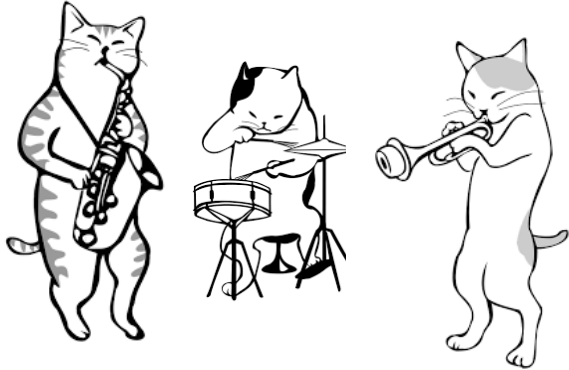
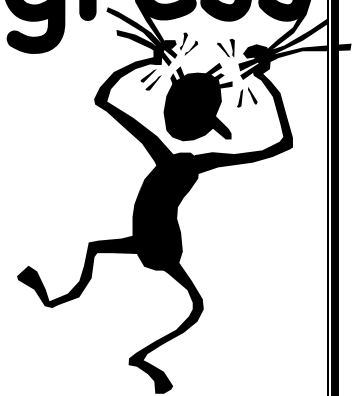


Slow Practice = Fast Progress



Fast Practice = Slow Progress



NO practice = NO Progress

