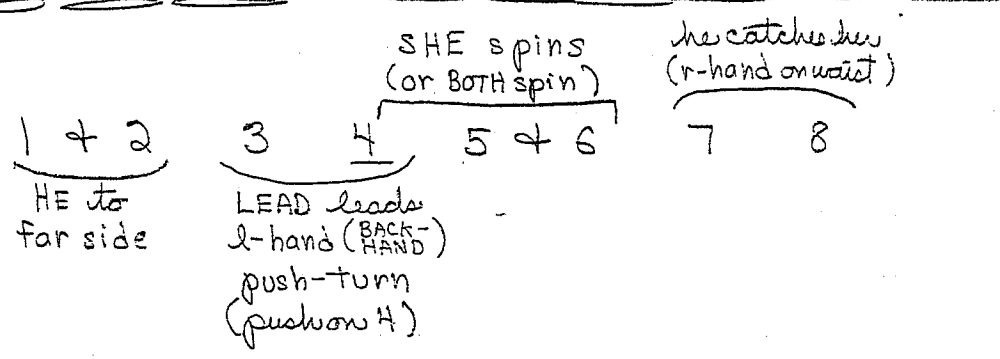
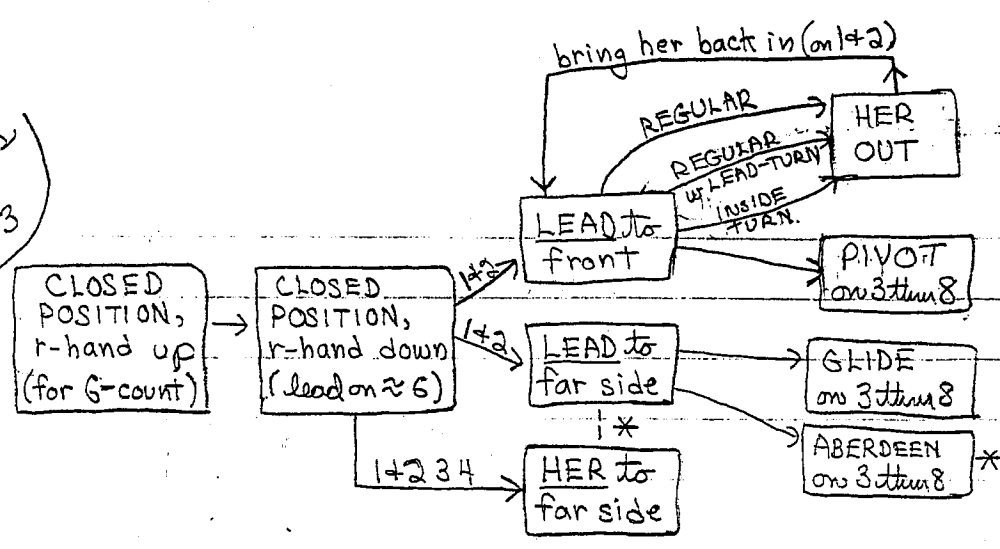


some moves from SWING 7-3



how to GET (you) to far side (GLIDES) TIMING on send-out (feels OK if INSIDE, too soon if REGULAR)