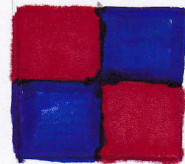
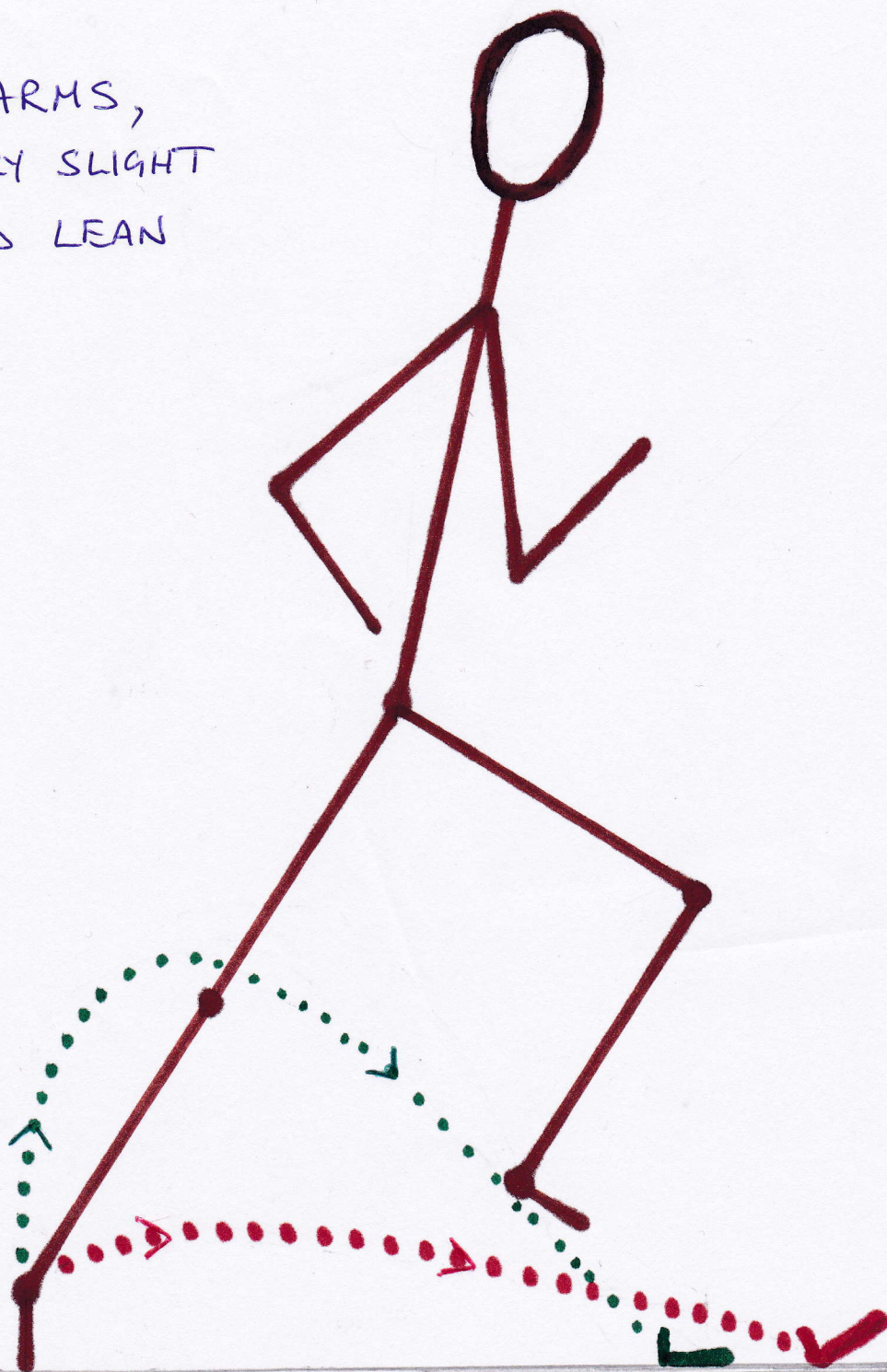


STICK MAN RUNNING WELL



N.B. ARMS,
AND VERY SLIGHT
FORWARDS LEAN



BACK FOOT COMES UP AND CYCLES THRO', DROPPING TO LAND MIDFOOT (L) UNDER THE BENT KNEE.



BACK FOOT STAYS LOW TO THE GROUND AND EXTENDS FORWARD TO LAND HEEL FIRST (✓) IN FRONT OF YOU (= BRAKING)