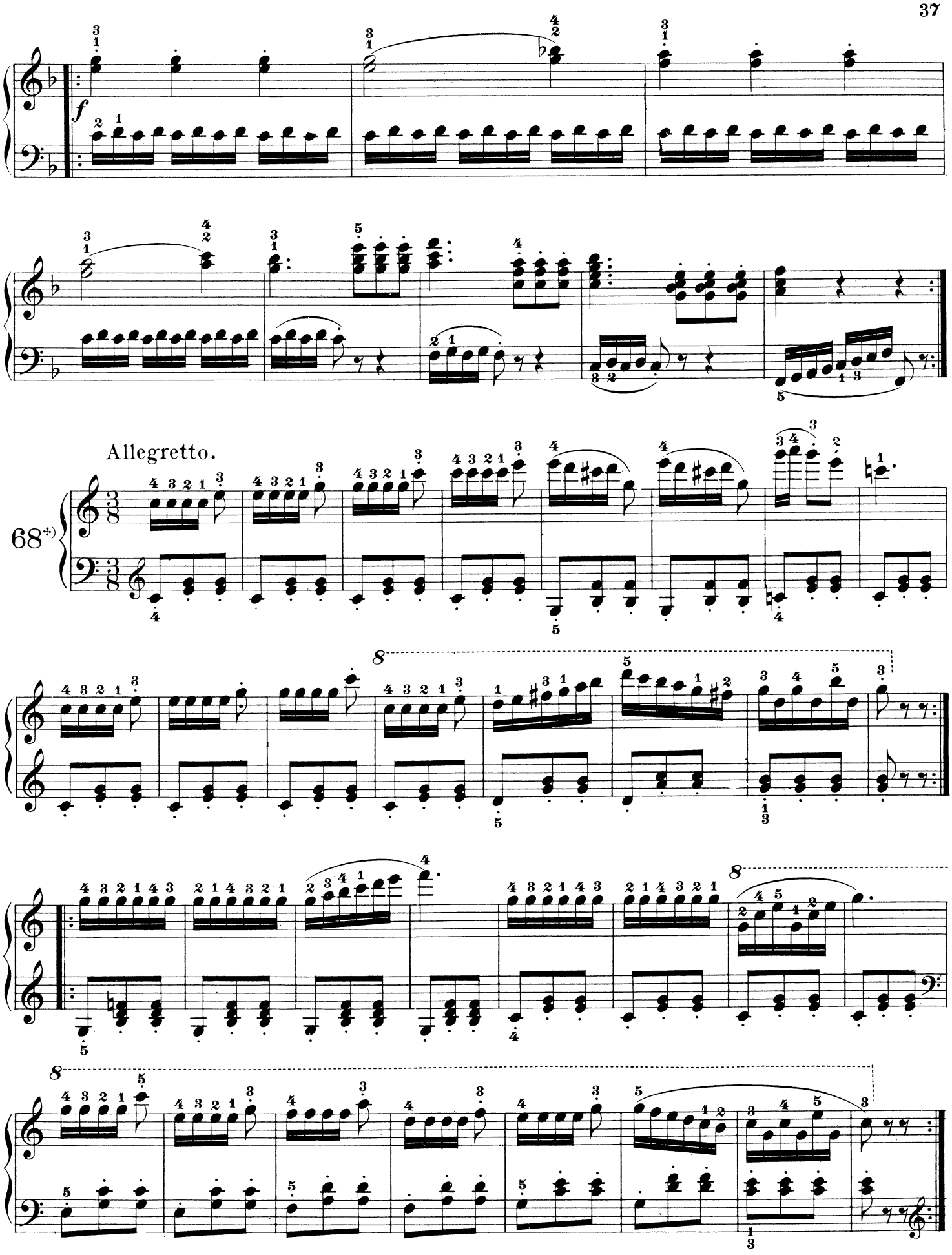

*) May also be practiced a semitone higher and lower.