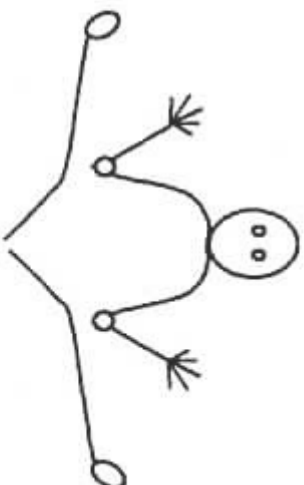


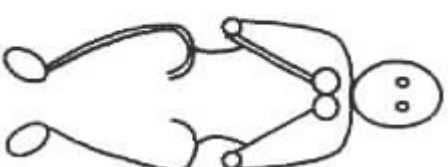
STARTLE



Lie on back in a tucked position with hands on chest.



Throw hands back near ears. Kick up and out. Explosive, vigorous, sudden movement!



Fold up again.