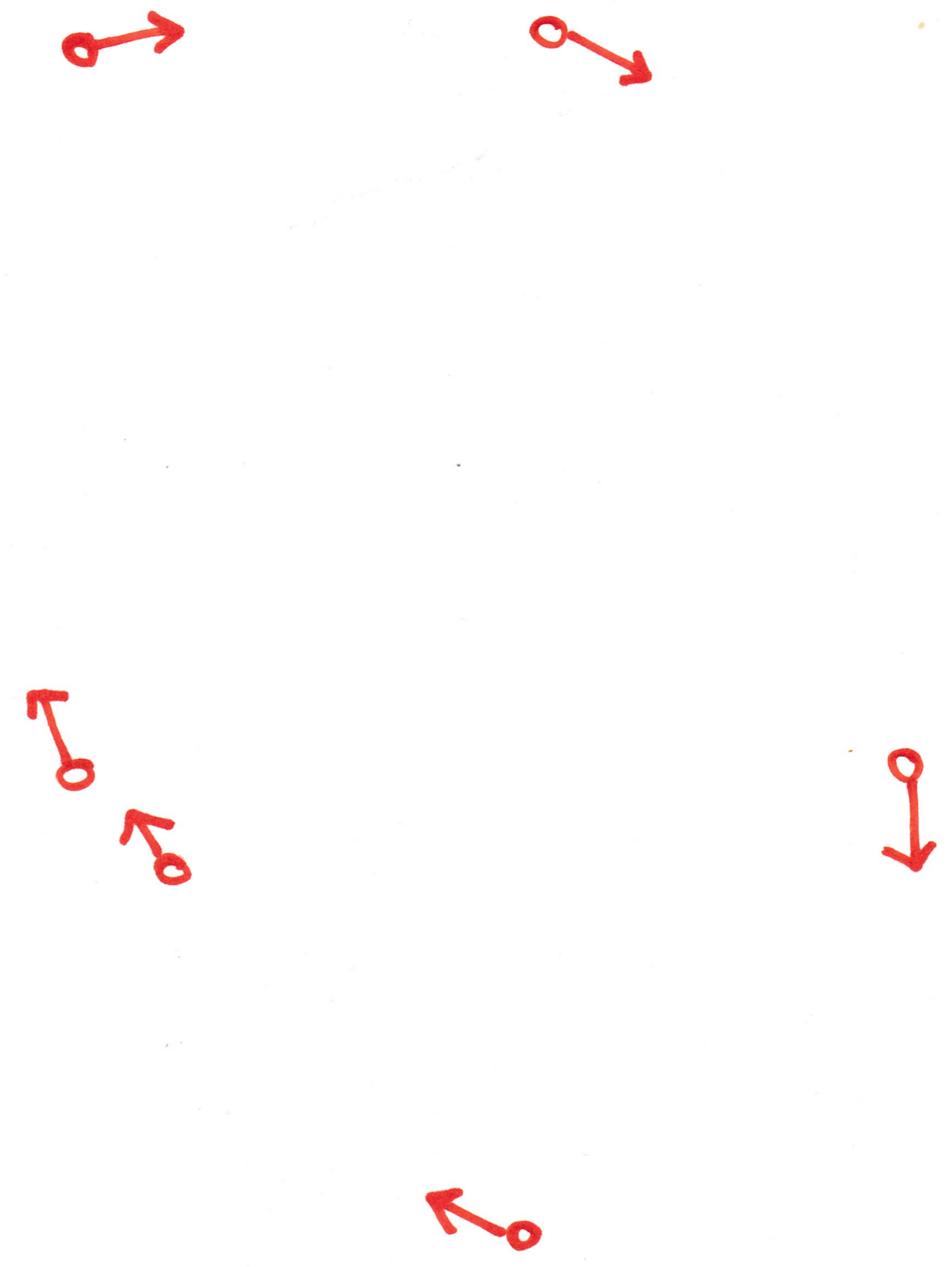
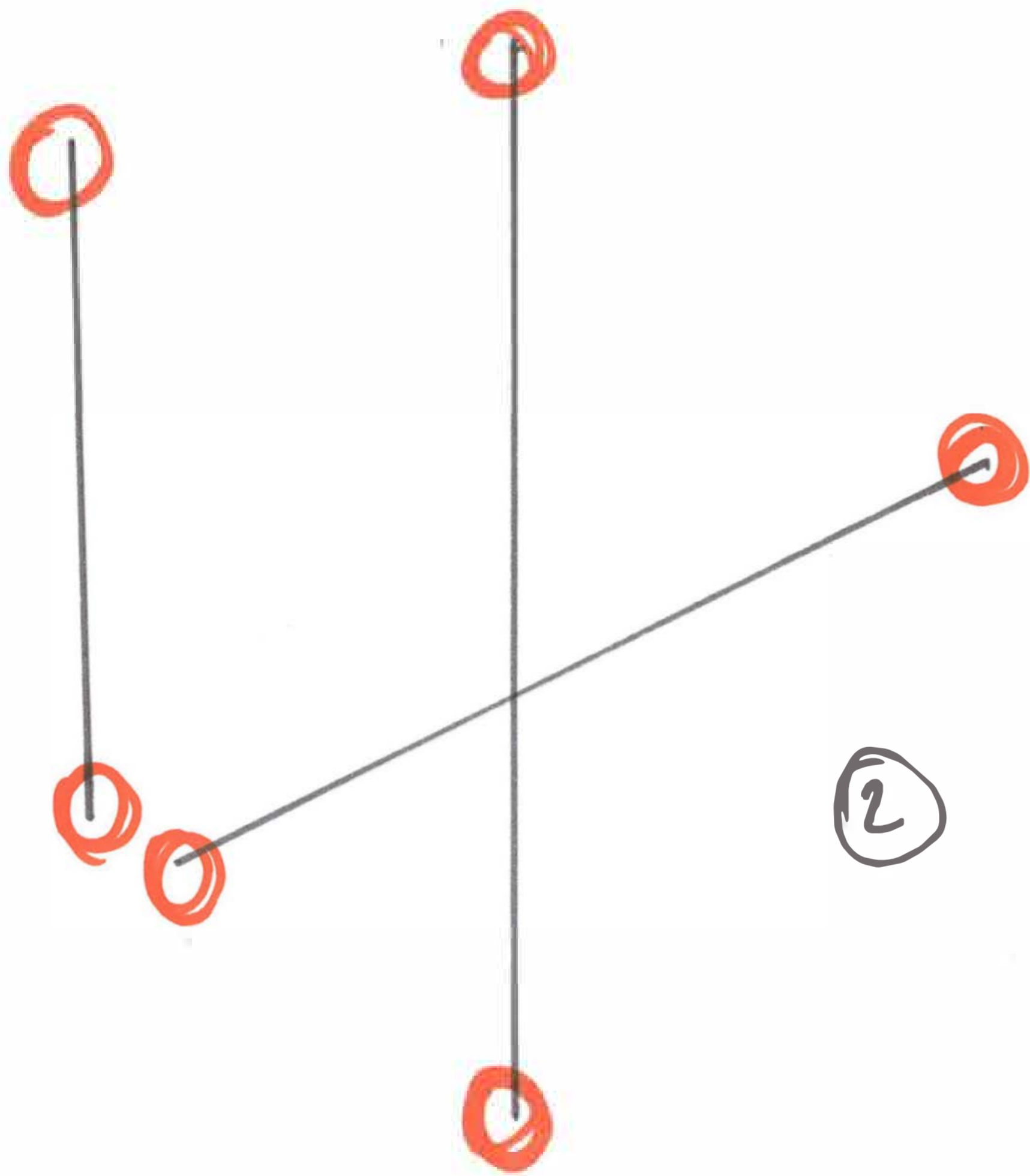


①

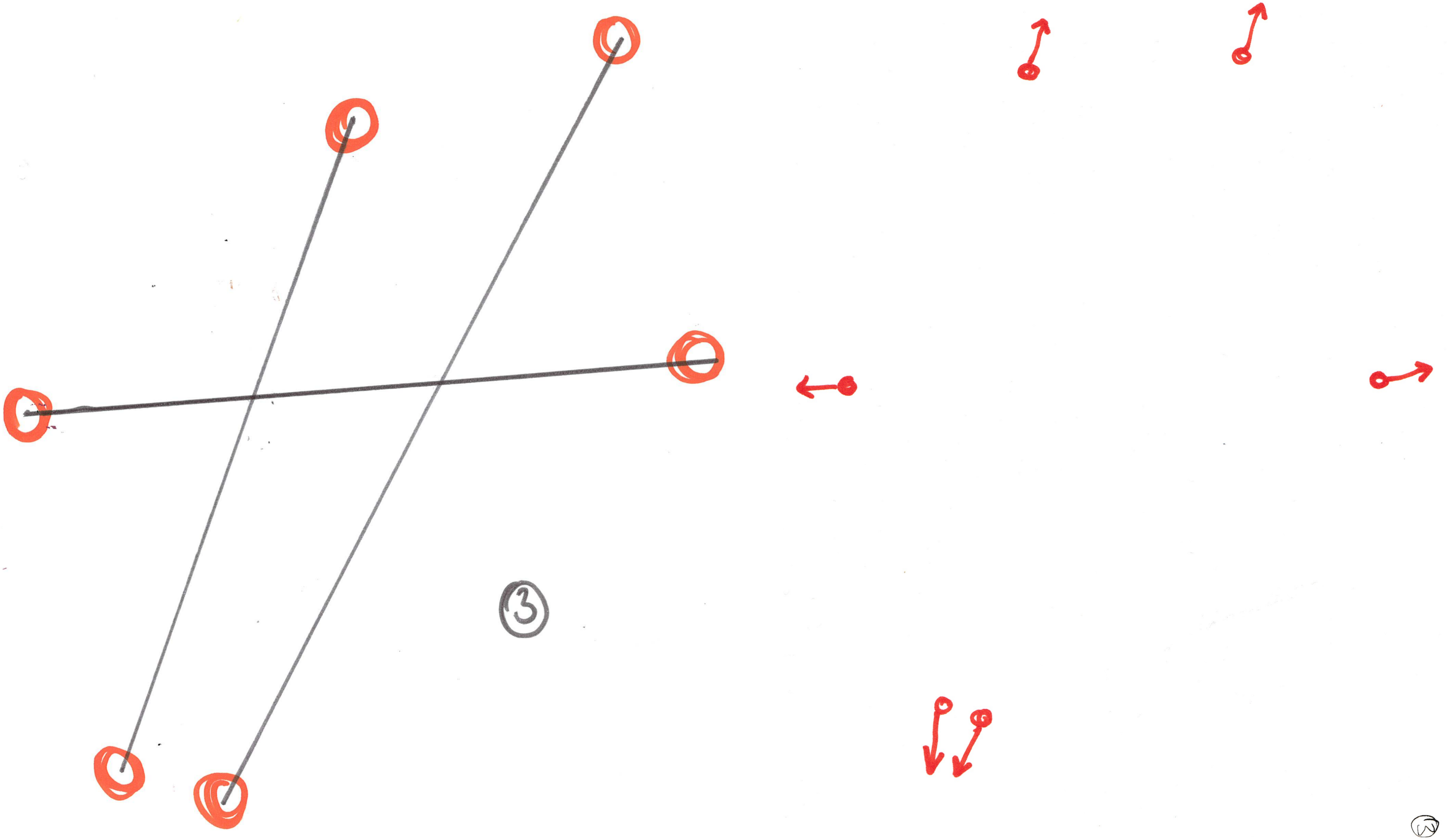


①

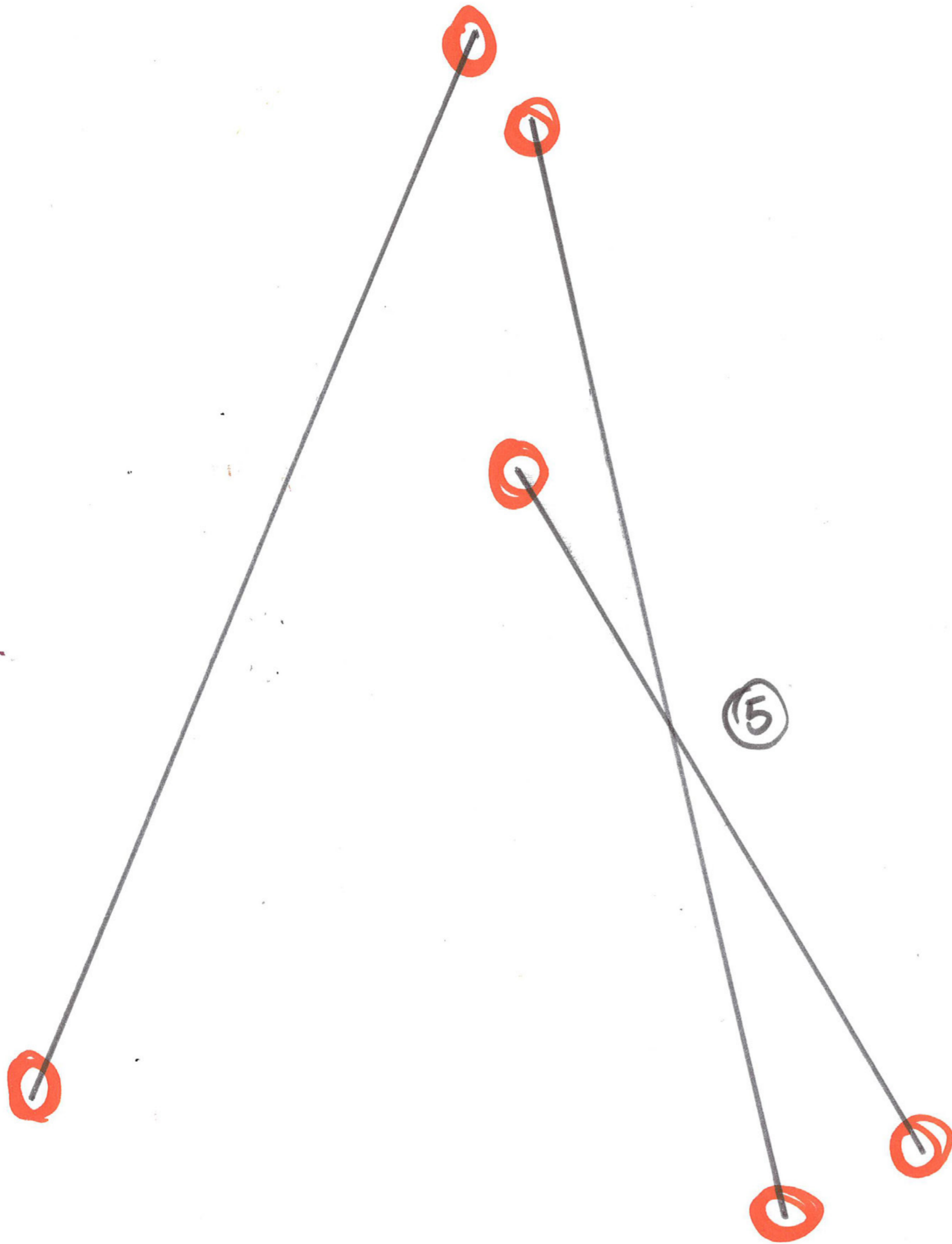
move in a different (not opposite) direction to your partner.
 be aware of the rope and do not let it become fully tense.



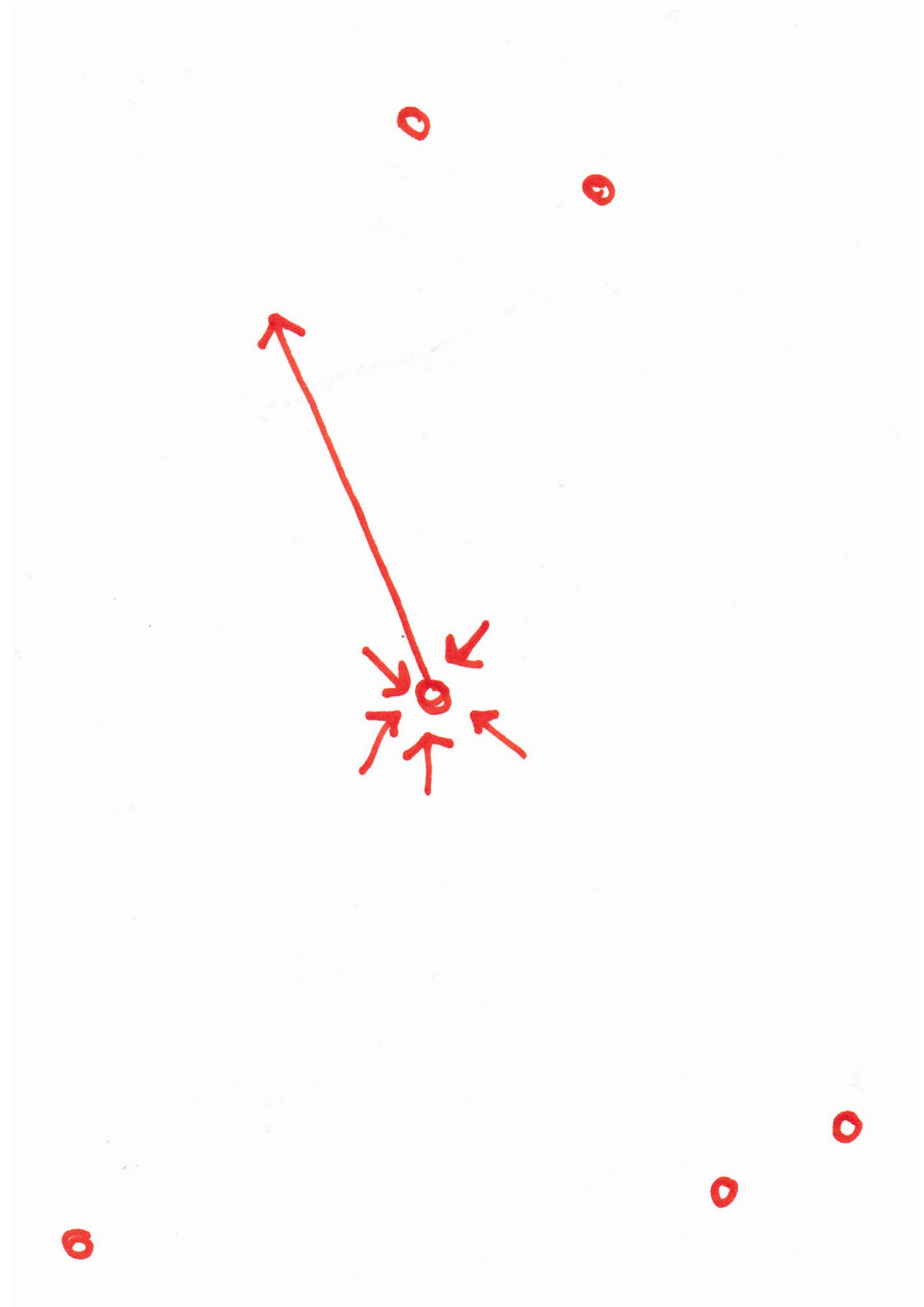
move towards the person to your nearest left, initiating a circling movement. continue this movement for 60 seconds.



turn 180 degrees and walk away from your partner until the rope pulls tight. hold this position for 30 seconds.



find a centrepoint
 continue to move as



and move inwards.
 one for 60 seconds.