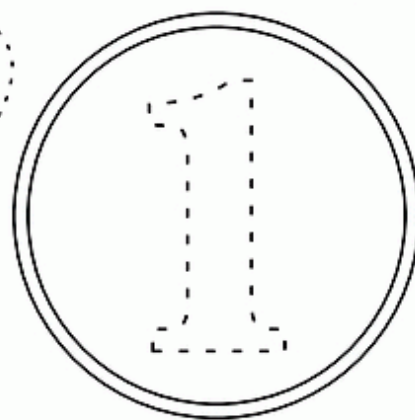


# FIRST position

In first position  
your feet should be,  
heels together in the  
shape of a "V"



Trace the number one.

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