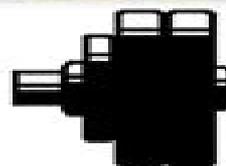
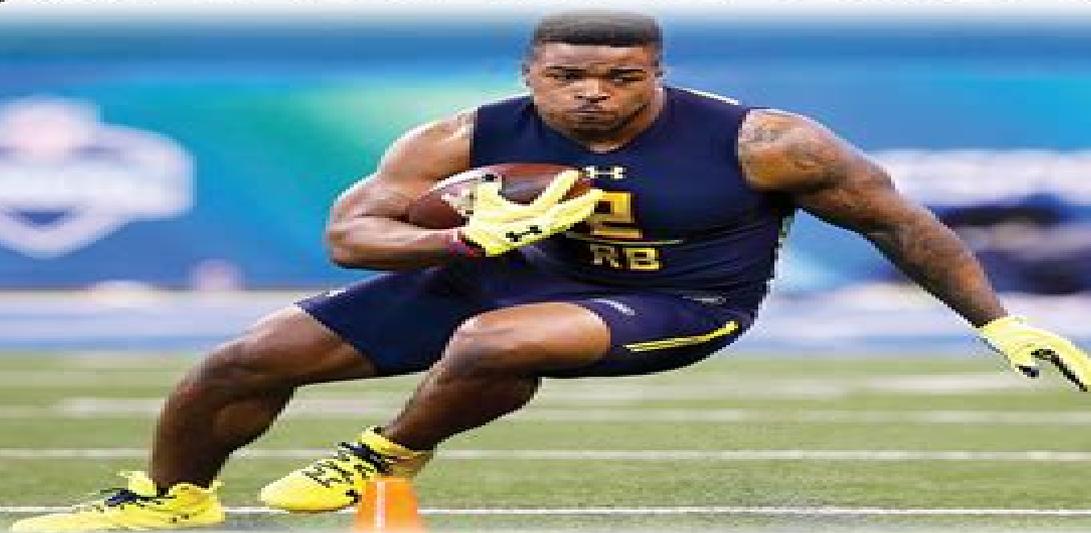


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**Jay Dawes**  
Editor

# Developing Agility And Quickness

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