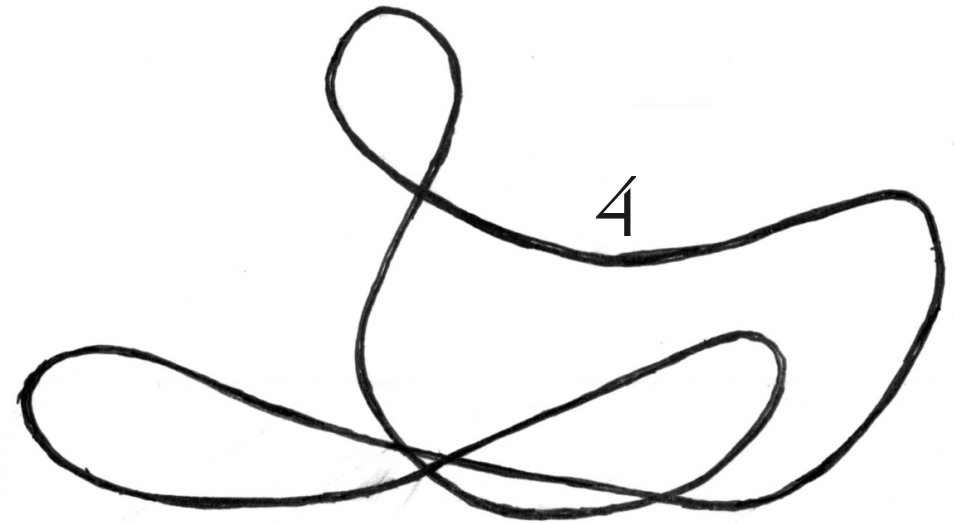


QUADRUPLE TIME THREE SAITO TECHNIQUES HEIKIN UNDO

2-|⁴
-3
1



- means “smooth motion”
- constant speed
- smooth
- mainly horizontal
- no sharp turns
- feel resistance throughout