

I. Basic Routine 1

$\text{♩} = 100 \pm$

1. *mp*

5

15

22

29

36

43

50

57

64

I. Basic Routine 1

71

78

85

92

2. $\text{♩} = 65 \pm$

p *f* *p* *p* *f* *p*

7

p *f* *p* *p* *f* *p*

13

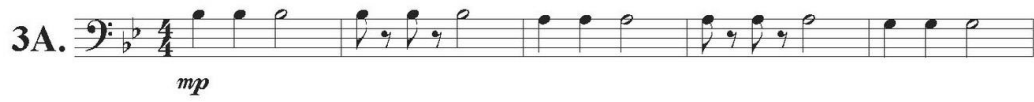
p *f* *p* *p* *f* *p*

19

p *f* *p* *p* *f* *p*

I. Basic Routine 1

$\text{♩} = 92 \pm$

3A.  *mp*

6 

12 

$\text{♩} = 80 \pm$

3B.  *mf*

5 

10 

15 

$\text{♩} = 80 \pm$

3C.  *mf*

5 

9 

13 