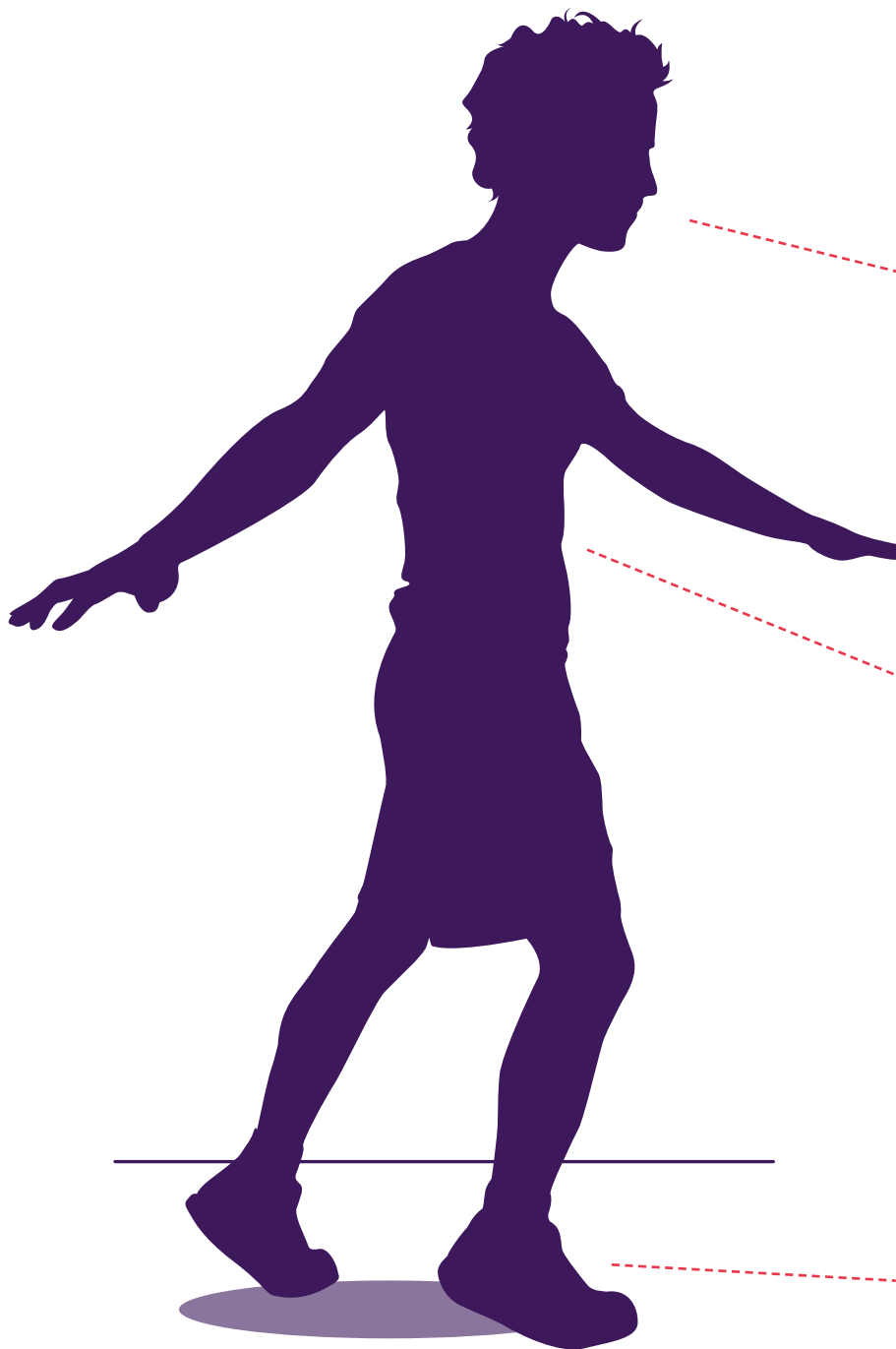


Star Marks card
Tiptoe



Head up
Looking in
direction of
travel.

Steady
Stomach held
in tightly and
use arms to
control the
movement.

Tall
Walking on
balls of feet.