

Good form means to move with speed and quiet 10
control. My next step will be to size up the job and to 20
do the work in the right way each day. 28

To reach my goal of top speed, I have to try to 38
build good form. I will try for the right key each time, 48
but I must do so in the right way. 56

1 2 3 4 5 6 7 8 9 10