

As you explore a new speed zone, try your best to	10
control each move. A major goal is to make every move	20
quickly and in the right way.	26
If you lower your speed, you can pay more attention	36
to your work patterns. If you drop the rate about two	45
words, you get new control and cut mistakes.	53

1 2 3 4 5 6 7 8 9 10