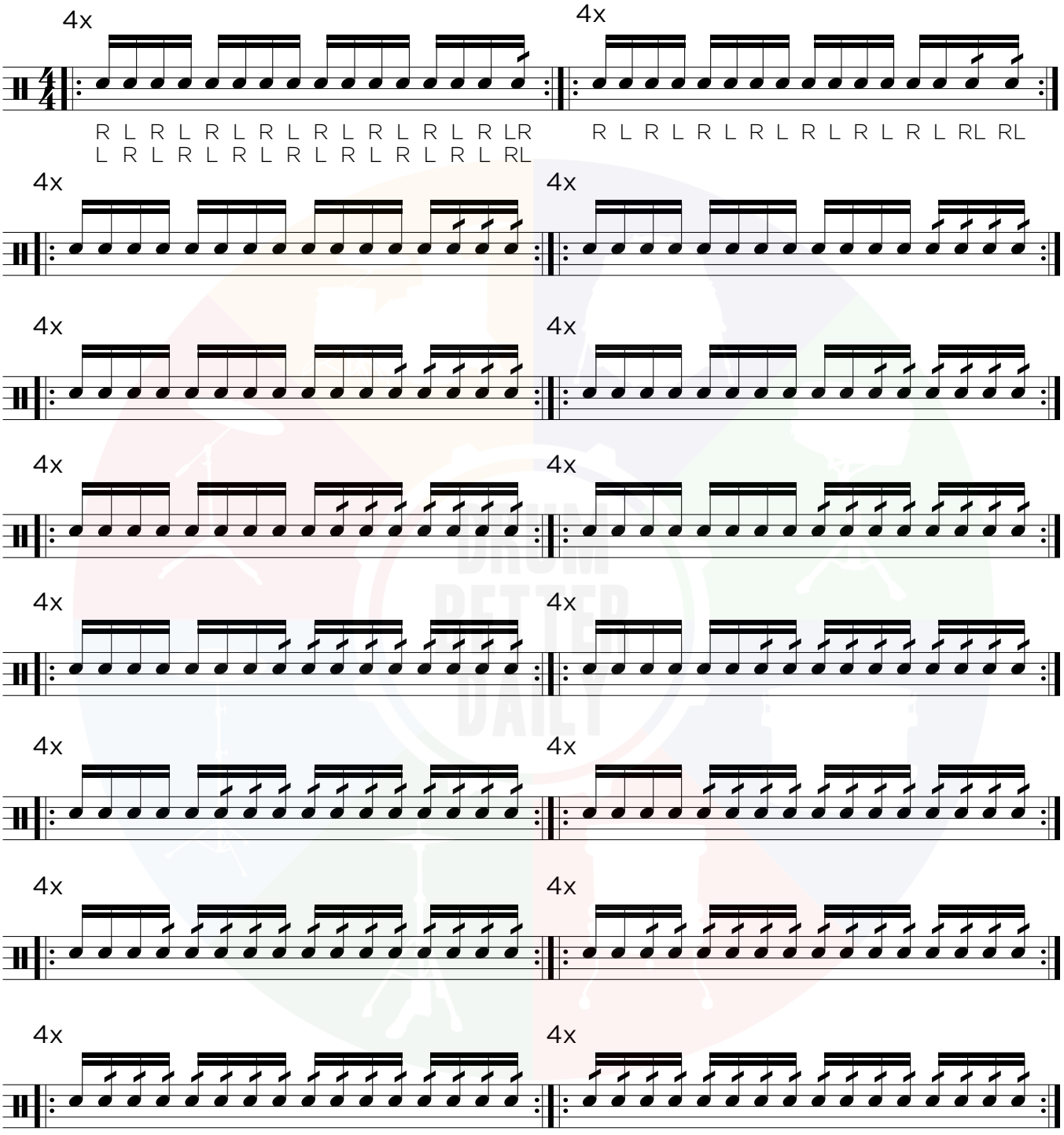
The Fastest Way to Improve Your Single Stroke Roll



(Repeat in reverse)