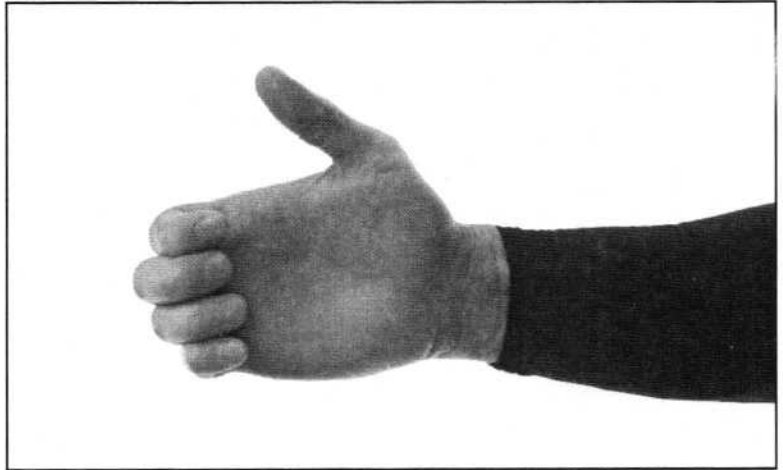


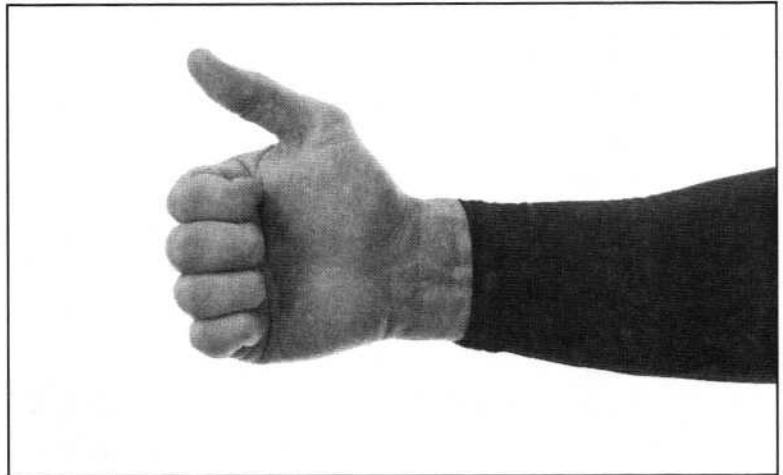
## **Position 20** **MAKE FISTS**

*Make fists with both hands  
in three steps:*

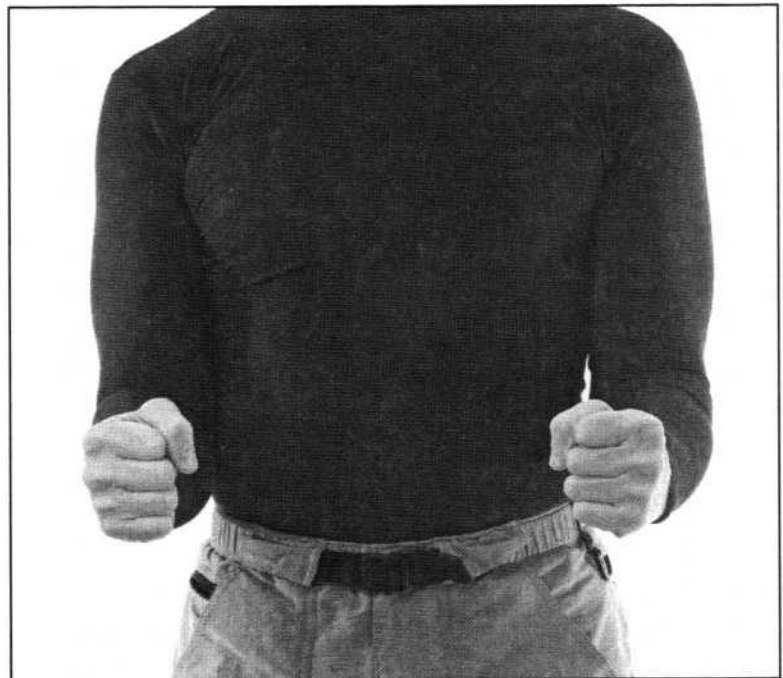
Fold fingers at the  
second knuckle.



Fold fingers to the  
center of the hand.



Wrap thumbs



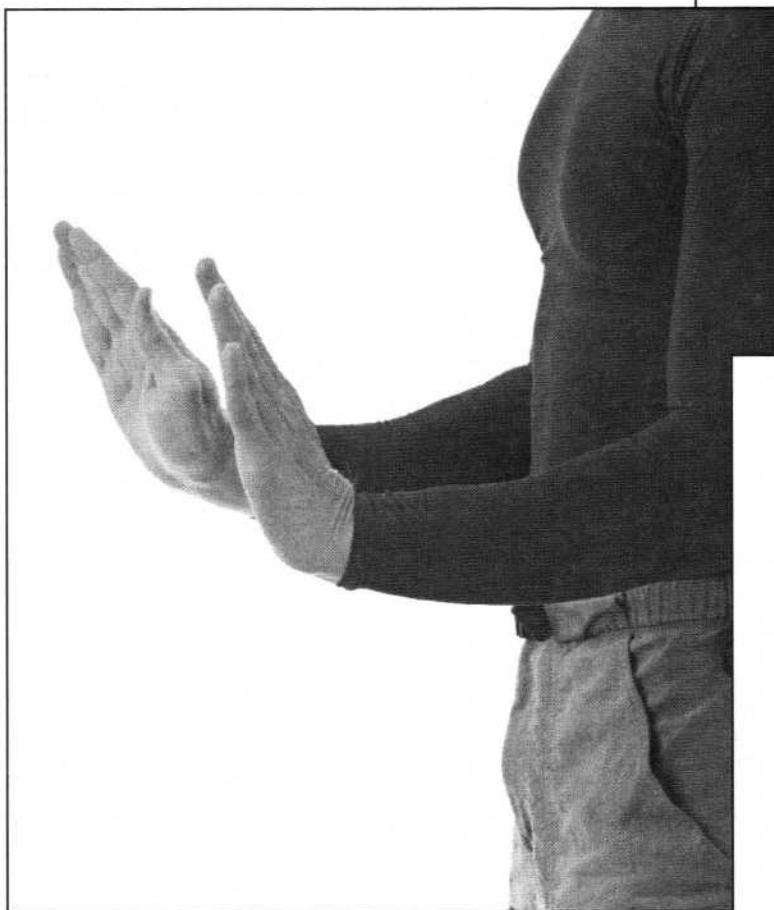
Open and close using three  
steps 10 times, squeezing  
tightly each time.



# **Position 21** **KNIFE HAND CIRCLES**

Hold hands in front of the body  
with the palms facing each  
other in a knife hand.

**1**



**2**

Keeping the knife hand  
tight—rotate the hands  
10 times each way.

**2**



**3**

Release and shake hands lightly.