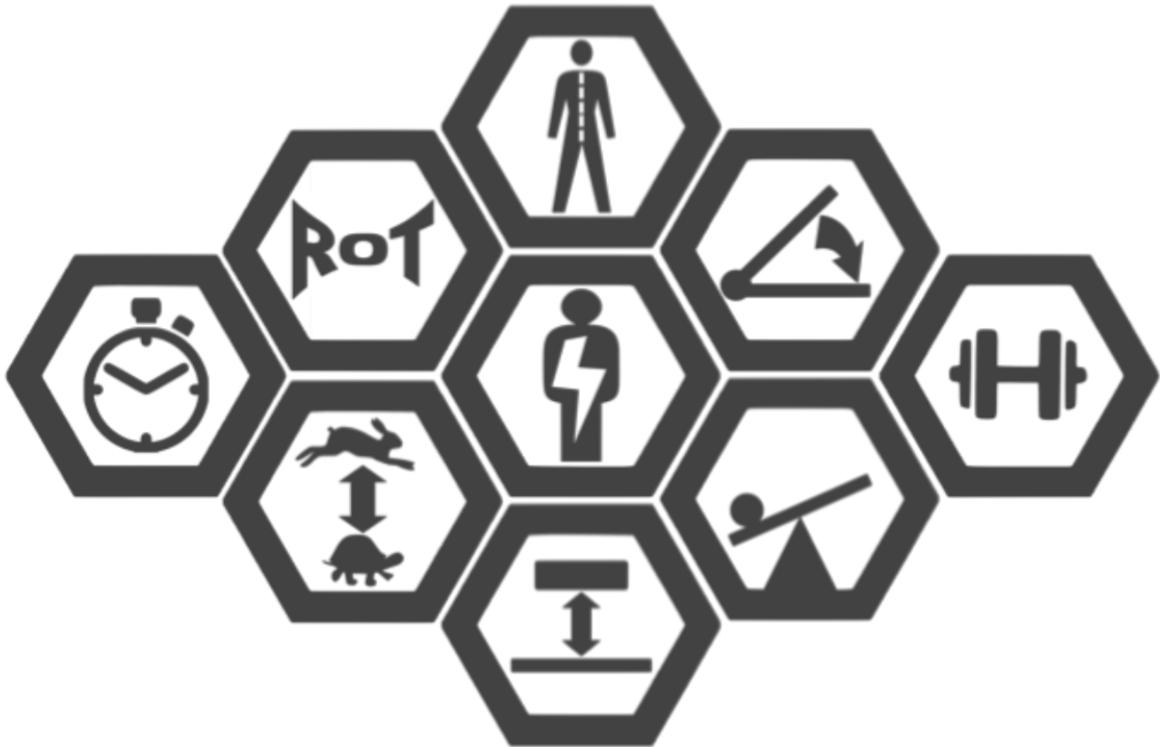


The Table of Progressive Elements



-  **Time and duration**
-  **Range of tension**
-  **Speed and tempo**
-  **Move hands & feet to center line**
-  **Lever length of technique**
-  **Shifting weight to working limb/s**
-  **Angle to gravity**
-  **Adjusting weight**
-  **Improve tension control**