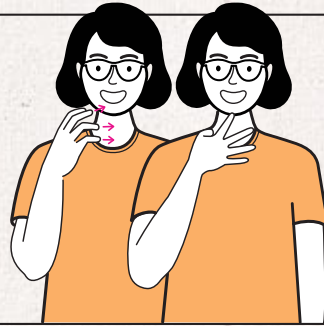


Aa



Hand Position: Start with your dominant hand in a claw shape (fingers curved) and palm facing downwards.

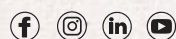
Movement: Place your hand under your chin, with the fingertips touching your throat. Then, arc your hand upwards so that your fingertips brush against your throat and chin twice, as if you are holding an apple.



apple

Aa

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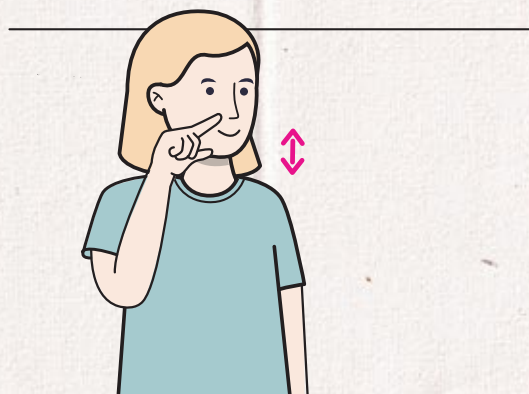


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Bb



Tweet like a bird

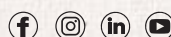
Bring pinched fingers in front of your mouth and open and close, just like a bird's beak motion



bird

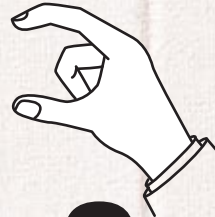
Bb

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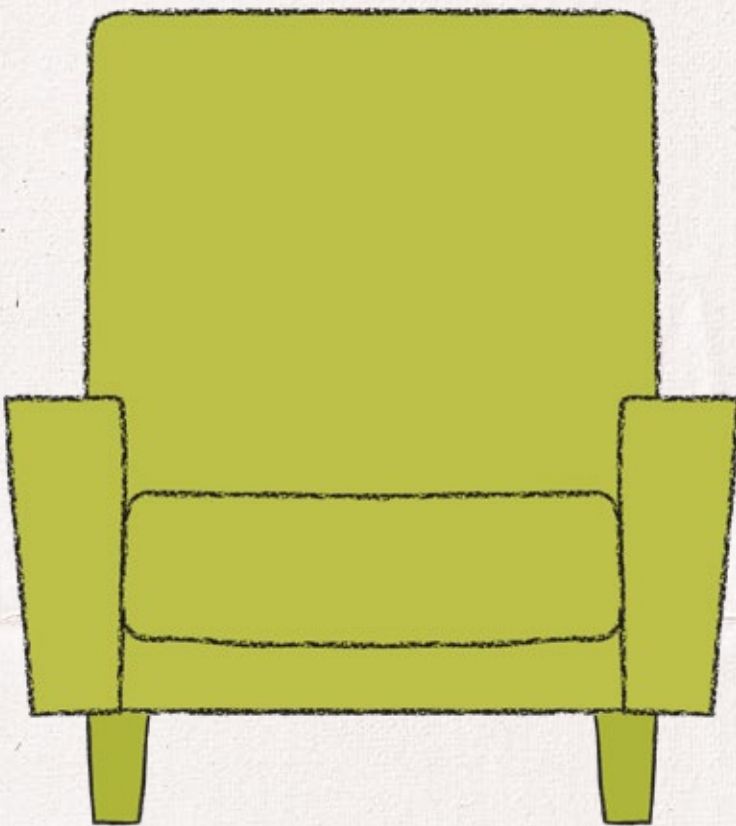


Cc



Think a backrest and seat

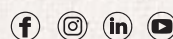
With dominant hand flat, fingers pointing upwards, place fingertips of other hand fingers bent at the base. Move shape downwards



chair

Cc

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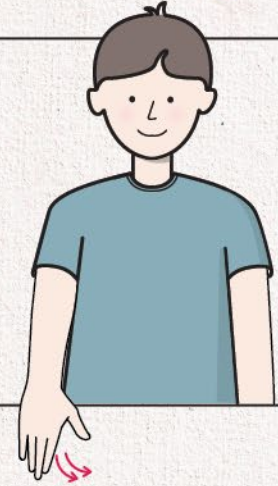


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Dd



Think patting your leg to get your dogs attention

Place your flat hand against your thigh, tap your thigh twice

dog

Dd

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