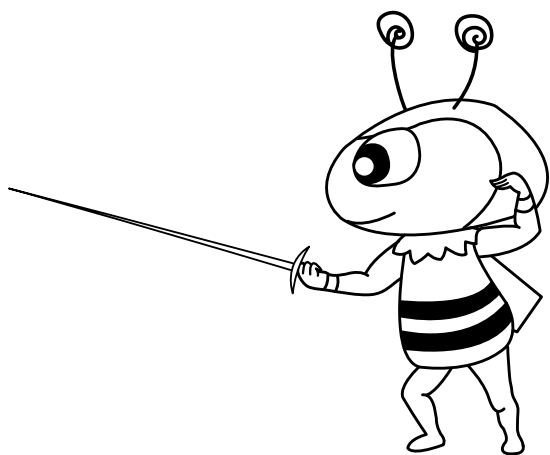
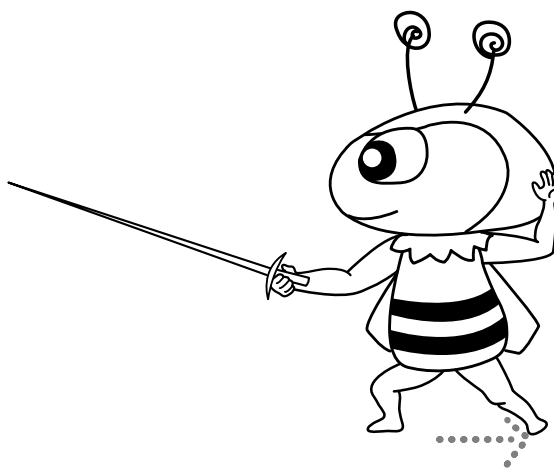


# Retreat

1. En Garde



2. back foot first



3. front foot last then En Garde

