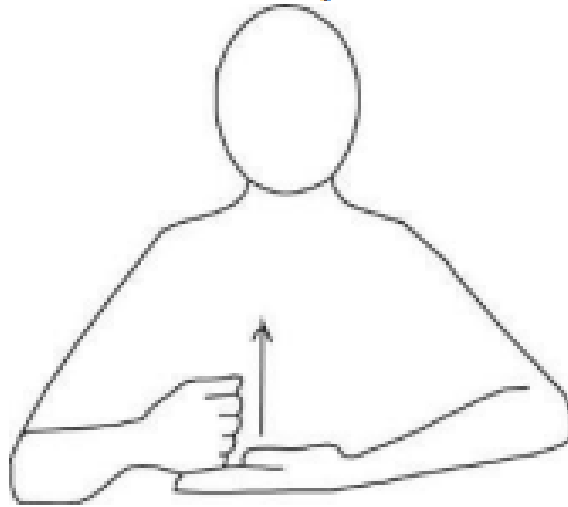


Help



Make a fist with one hand.

Place it on the open palm of your other hand.

Lift both hands upwards together.