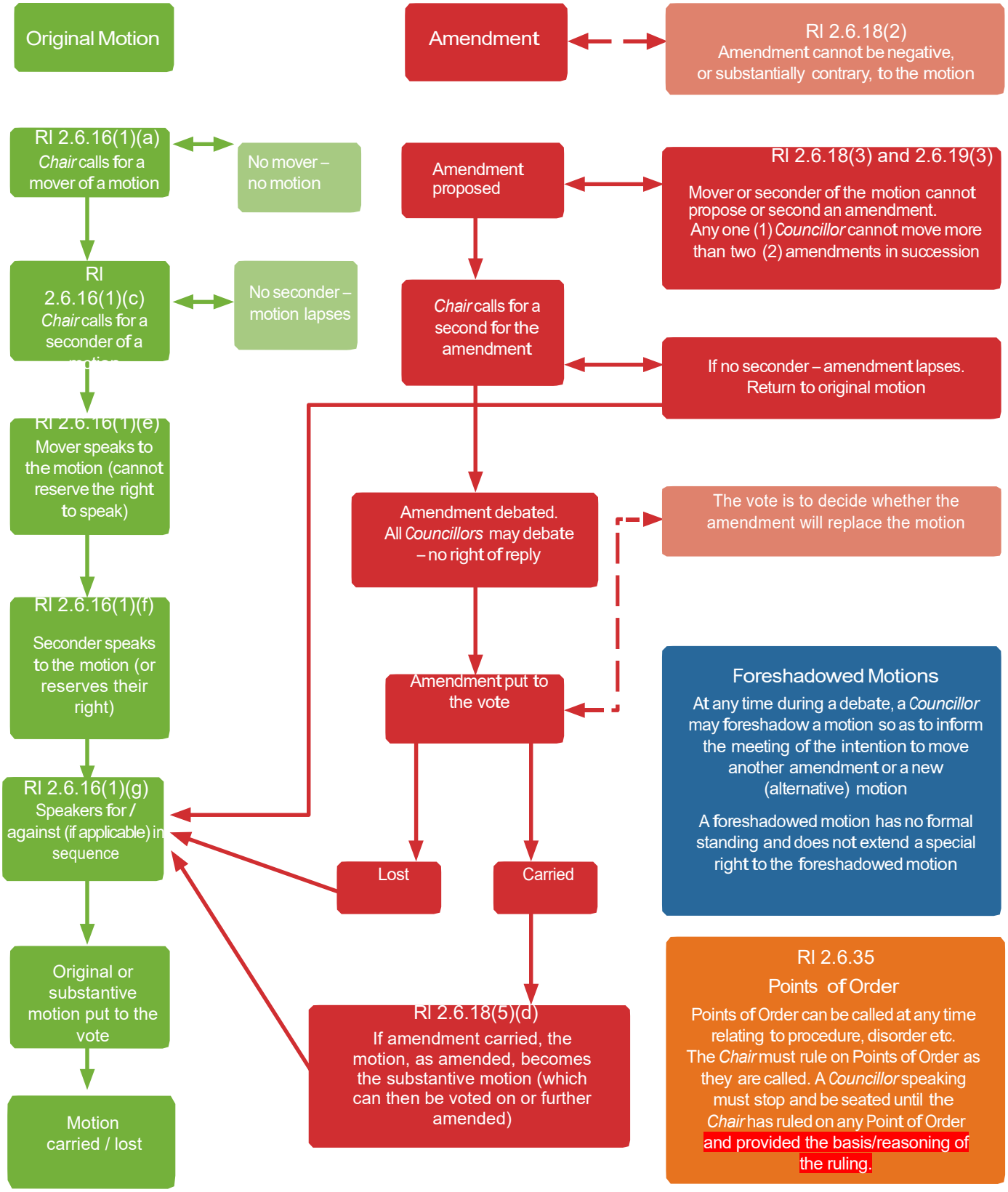Appendix 3 – Flow Chart of Motions