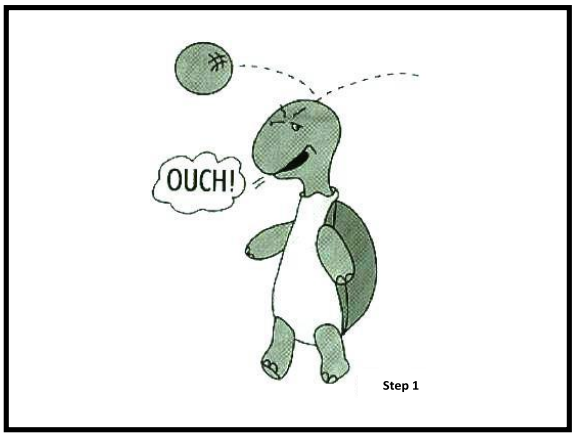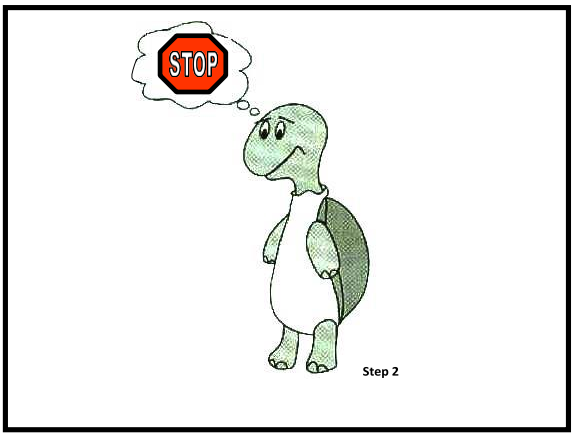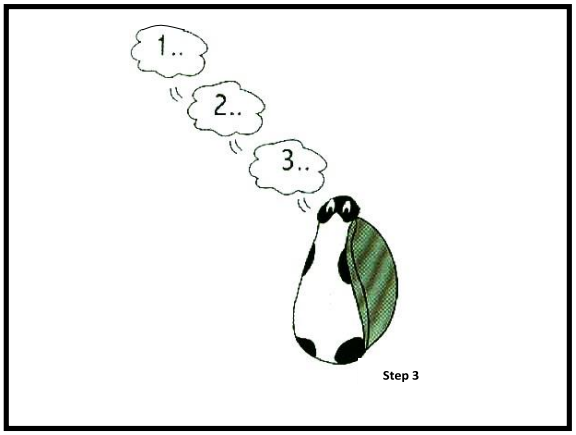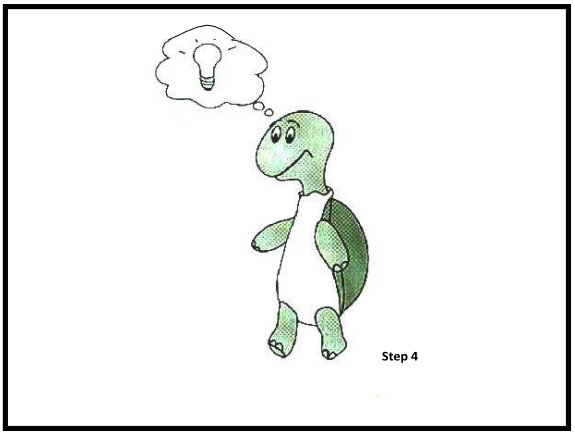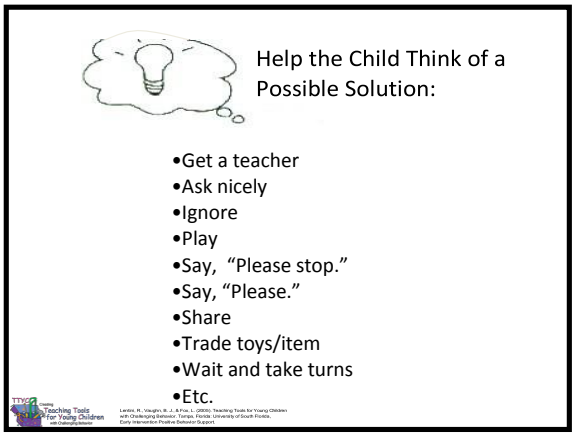Turtle Technique