

+ ' J c fhY]`Y . XYg ' Gdf]b [gY]`g

K Ybb 'G]Y 'bUW . Y]bYf 'A Ò[']W _Y]h'gi W Ybž'À fYa 'HfU]b]b ['Y]b 'k Yb]['GdU» 'i bX 'fYUh]j]hÀh'ni 'j Yf'Y]\Ybž'gc ``hYb 'G]Y
Gdf]b [gY]`]bhYfj U``Y ``]bni ZØ[Yb" '9]b [i hYg 'Gdf]b [gY]`]gh
Y]bY 'XYf 'VYghYb 'b j Ygh]h]c bYbž'X]Y 'G]Y]b 'À fY 'Y][YbY :]hbYgg
hÀh][Yb ' _ÒbbYbž'XU 'Yg 'Y]bY 'Ai » Yfgh 'YZZY _h]j Y : cfa 'XYf
_Ufx]cfYgd]fUhcf]gW Yb ' , Vi b [']gh' i bX 'b]W h]j]Y ``a Y\ f 'U 'g
Y]b 'k Yb]['D`Uhnž 'Y]bYb 'H]a Yf 'i bX 'Yhk Ug 'fYUh]j]hÀh
YfZcfXYfh" 'A YbgW Yb 'j YfVfYbbYb 'i b [YZÀ\ f 'ZØbZ 'U 'cf]Ybž
i a '% '@hYf 'GUI Yfghc ZZ'ni 'j YfVfUi W Yb" '8]Yg 'VYXYi hYhž'XUgg
, Vi b [Yb 'a]h' a Y\ f 'A i g _Y 'b 'XYb 'GUI Yfghc ZZ'VXUfZ 'Yf \Ò\ Yb
_ÒbbYbž'gc XUgg 'G]Y 'a Y\ f '9bYf []Y 'j YfVfUi W Yb 'fa Y\ f
?U 'cf]Yb 'j YfVfYbbYb ' _ÒbbYb " 'XYf 'Àb [Yf 'U 'g ' & \$
GY _i bXYb 'Y]b 'GY]` [YgW k i b [Yb ' \Uhž ' Ua dÀY ``]d /



K Ybb 'G]Y 'bUW . Y]bYf 'A Ò[']W _Y]h'gi W Ybž'À fYa 'HfU]b]b ['Y]b
k Yb]['GdU» 'i bX 'fYUh]j]hÀh'ni 'j Yf'Y]\Ybž'gc ``hYb 'G]Y
Gdf]b [gY]`]bhYfj U``Y ``]bni ZØ[Yb" '9]b [i hYg 'Gdf]b [gY]`]gh 'Y]bY 'XYf
VYghYb 'b j Ygh]h]c bYbž'X]Y 'G]Y]b 'À fY 'Y][YbY :]hbYgg 'hÀh][Yb
_ÒbbYbž'XU 'Yg 'Y]bY 'Ai » Yfgh 'YZZY _h]j Y : cfa 'XYf
_Ufx]cfYgd]fUhcf]gW Yb ' , Vi b [']gh' i bX 'b]W h]j]Y ``a Y\ f 'U 'g 'Y]b
k Yb]['D`Uhnž 'Y]bYb 'H]a Yf 'i bX 'Yhk Ug 'fYUh]j]hÀh 'YfZcfXYfh"

A YbgWYb 'j YfVfYbbYb 'i b[YZÀ\ f'ZØbZ? U`cf]Ybži a '.%@]hYf
GUI YfghcZZ'ni 'j YfVfUi WYb"8]Yg`VYXYi hYhž'XUgg', Vi b[Yb 'a]h
a Y\ f'A i g_Y'b'XYb'GUI YfghcZZVYXUfZYf\ Ø\ Yb '_ØbbYbžgcXUgg'G]Y
a Y\ f'9bYf[]Y 'j YfVfUi WYb'f\ Y\ f'? U`cf]Yb 'j YfVfYbbYb£_ØbbYb"
XYfž'XYf'`Àb[Yf'U'g'&\$'GY_i bXYb'Y]b'GY]`[YgWk i b[Yb '\Uhž
k Y]»ž'XUgg'X]Yg'Y]bY'[fc»Ufh][Y'A Ø[`]W\ _Y]h]ghž'X]Y < YfnZfYe i Ybn
ni 'Yf\ Ø\ Yb 'i bX'? U`cf]Yb 'ni 'j YfVfYbbYb"

K Ybb'G]Y']a a Yf'bcW\ 'b]W\ h'ØVYfnYi [h'g]bXž'Yg'ni 'j Yfgi W\ Ybž
Z]bXYb'G]Y ' `]Yf'g]YVYb 'k Y]hYfY'; fØbXYžk Ufl a 'G]Y'Y]b'Gdf]b[gY]'
]b '6YhfuW\ h'n]Y\ Yb 'gc`hYbžk Ybb'G]Y'bUW\ 'A Ø[`]W\ _Y]hYb 'gi W\ Ybž
=f'VYghY\ YbXYg':]hbYggdfc[fUa a 'ni 'ÀbXYfb.

%" 'Gdf]b[gY]'Y' _ØbbYb'X]Y'9`Ugh]n]hÀh'i bX'9`Ugh]n]hÀh'XYf
I b hYfgW\ Yb _Y'a i g_i 'Uhi f'Yf\ Ø\ Yb 'i bX'XUg'F]g]_c 'j cb
I b hYfgW\ Yb _Y'j Yf'Yhni b[Yb 'j Yff]b[Yfb"K UXYb\ YVYb' _Ubb
XYb'I b hYfgW\ Yb _Y'ghÀf_Ybž'UVYf'k Ybb'XUg'A i g_Y'[Yk YVY'ni
Ub[YgdUbbh'k]fXž' _Ubb'X]Yg'XUg'F]g]_c 'Y]bYf'FY]\ Y 'j cb
J Yf'Yhni b[Yb'XYg'I b hYfgW\ Yb _Y'g'Yf\ Ø\ Ybž'Y]bgW\ ']W\ ']
5W\]`YggY\ bYbVY'UghI b['cXYf'D'UbhUfZUgn]h]g"8Ug'Gdf]b[gY]'
ghÀf_h'fY[Y'a À»]['X]Y'K UXYba i g_i 'Uhi f'i bX'j YfVYggYfh'X]Y
9`Ugh]n]hÀh'XYf'i a [YVYbXYb'GY\ bYb 'i bX': Ugn]Yb"i a 'X]Y
9`Ugh]n]hÀh'ni 'Yf\ Ø\ Ybž'j Yfgi W\ Yb'G]Y'ni Yfghž'Ui ZXYa ': i » VU'Yb
ni 'UbXYbž'UVYf'`UggYb'G]Y'`fY': YfgYb'[Ubn'Ui Z'XYb'6cXYb
ZU'Yb"

&" 'Gdf]b[gY]'Y' _ØbbYb' \ Y'ZYbž'`fY'`?ccfX]bUh]cb'ni
j YfVYggYfb"8Ug'Gdf]b[gY]'`gh'Y]bY'nm_`]gW\ Y'5_h]j]hÀhž'X\ 'G]Y
ZØ\ fYb'Yg'ZØf'Y]bY'[`Y]W\ a À»][Yž'fY[Y'a À»][Y'f]h]hZfYe i Ybn'Ui g"
8]Y'[`Y]W\ a À»][Y'f]h]hZfYe i Ybn'i bX'XYf'F\ mh\ a i g'XYg
Gdf]b[gY]'g' _ØbbYb'XUni 'VY]hfU[Ybž'X]Y'`?ccfX]bUh]cb'nk]gW\ Yb
5i [Ybž': Ø» Yb 'i bX'<ÀbXYb'ni 'j YfVYggYfb"

' " 'Gdf]b[gY]'Y' _ØbbYb' \ Y'ZYbž'`fY'`_c[b]h]j Yb ': i b_h]cb'Yb
ni 'j YfVYggYfb"8]Yg'`]Y[h'XUfUbž'XUgg'VY]a 'GY]`gdf]b[Yb'`bYi Y
a chcf]gW\ Y'A i ghYf'Yf'Yfbh'k YfXYb'a ØggYbž'k cXi fW'X]Y
?ca a i b]Uh]cb'XYg'BYfj YbgmghYa g'nk]gW\ Yb'; Y\]fbž
<UbX[Y`Yb _Yb 'i bX'I b hYfgW\ Yb _Y'a i g_Y'b 'j YfVYggYfh'k]fx"8]Yg

hfÀ[h'k]YXYfi a 'XUni 'VY]žΔfY '_c[b]h]j Y'; YgUa hZ b_h]cb 'ni
j YfVYggYfbžk Ug'Y]b'k]W h][Yf'J cfhY]`]ghžk Ybb'k]f'À`hYf'k YfXYb"

("Gdf]b[gY]`Y`_ÒbbYb 'XUni 'VY]hfU[Ybž'X]Y`_b hYb g]hÀh'XYg
N]f_Y`hfU]b]b[g'ni 'Yf\Ò\Yb"?fUZhU]b]b[ž'XUg'nk]gW Yb
j YfgW]YXYbYb'A i g_Y`[fi ddYb'k YW gY`hž_Ubb'X]Y`<YfnZfYe i Ybn
Yf\Ò\Yb'i bX'Y]bYb'_UfX]cfYgd]fUhcf]gW Yb'J cfhY]`V]YhYb"8 Ug
<]bni ZØ[Yb'Y]bYf'cXYf'a Y\ fYfYf'Gdf]b[gY]`ghUh]cbYb'ni 'Y]bYf
F YbbghfYW_Y]gh'Y]bY'Y]bZUW Y'A Ø[`]W_Y]hž'X]Y`_b hYb g]hÀh'XYg
[YgUa hYb 'HfU]b]b[g'ni 'Yf\Ò\Yb"K Ybb'G]Y`[YfbY`ΔfY'Y][YbYb
HfU]b]b[g_fY]gY'VUi Ybž'ZØ[Yb'G]Y'Ua '9bXY'nk Y]V]g'XfY]A]bi hYb
'Ub[Yg'GY]`gdf]b[Yb'\b]bni ži a 'Y]bY'ni gÀhn`W Y'A Ø[`]W_Y]h'ni f
?U'cf]Ybj YfVfYbbi b['ni 'Yf\U'hYb"

) ""Gdf]b[gY]`Y'g]bX'YI hfYa 'hfU[VUfž'k Ug'g]Y'ni 'Y]bYf
\Yfj cffU[YbXYb 'Cdh]cb 'Ui Z'F Y]gYb'a UW h"8]Y'a Y]ghYb
a cXYfbYb'6i g]bYgg!<chY'g'V]YhYb'XYb'; ÁghYb'Y]bZUW Yb
HfU]b]b[gfUi a 'a]h'Y]b][Yb'HfU]b]b[g[YfÀhYb"8 Ug'g]bX'X]Y`[i hYb
B UW f]W hYb"8]Y'gW'YW hY' B UW f]W h']ghž'XUgg'X]Y'E i U']hÀh'cXYf
XYf'Ni ghUbX'X]YgYf'5i gfØghi b['VYghYbZU`g'ZfU[k ØfX]['i bX']a
gW'a a ghYb': U``[YfUXYni '[YZÀ\ f']W'gY]b'_Ubb" @UggYb'G]Y'g]W
b]W h'j cb'Y]bYa 'i bYfUi g[YghUhYhYb'HfU]b]b[gfUi a 'XUj cb
UV\ U'hYbž'Ui Z'F Y]gYb'VY]a 'HfU]b]b['ni 'V'Y]VYb"K Ybb'G]Y'Y]b
Gdf]b[gY]`]b`ΔfYb'?cZZYf'dUW_Ybž'V]YhYh`ΔbYb'gY'Vgh'XUg'Ua
gdÀf']W ghYb'Ui g[YghUhYhYhY'<chY'!:]hbYggW b hYf'D'Uhn'ZØf'Y]bY
gW k Y]» hfY]VYbXY'Gdf]b[gY]`G]hni b["

* ""8]Y'HfU[VUf_Y]h'j cb'Gdf]b[gY]`Yb'a UW h'g]Y'ni 'Y]bYf
\Yfj cffU[YbXYb 'Cdh]cb 'ZØf'K cf_ci hg']a ': fY]Yb']b`ΔfY
@]YV`]b[gdUf'_cXYf', Vi b[g_i fg`_b'j]Y'Yb'GhUXhdUf_g'[]Vh'Yg
?`]a a ni [ghUb[Yb'i bX'UbXYfY':]hbYggY]b f]W h'j b[Yb']a ': fY]Yb"
A]h'Y]bYa 'Gdf]b[gY]`_ÒbbYb'G]Y'Y]b'ZUbhUgh]gW Yg
; Ubn_ÒfdYfhfU]b]b['UVgc']YfYbž]bXYa 'G]Y`ΔfY
@]YV`]b[gØVi b[Yb'Ui Z'XYf'j YfZØ[VUfYb'5i gfØghi b['a]h'Y]b'V]g
XfY]A]bi hYb'XUi YfbXYb'Gdf]b[gY]`]b hYfj U'Yb'_ca V]b]YfYb"

+ ""9]b'Gdf]b[gY]`]gh'XUg'Y]b n][Y'<Y]a !7UfX]c!; YfÀhž'XUg
G]Y'k]f_`]W'VfUi W'Yb"1 bX'U'Ygž'k Ug'G]Y'ZØf'XYb'D'Uhn

VYbÒh][Ybž]gh'X]Y': À\][_Y]hž'XUg'GY]`g]WYf'ni 'gWk]b[Ybž'c\bY
Ui Z'A ÒVY`cXYf'GWb]W_gWbUW_ni 'ghc» Yb"

¬bj Ygh]YfYb 'G]Y ']b 'Y]b '\cWk Yfh][Yg
Gdf]b[gY]`

K Ybb 'G]Y 'XUfØVYf'bUWXYb_YbžGdf]b[gY]`Y'ni 'Y]bYa '6YghUbXhY]
¬fYg'dYfgÒb]WYb 'HfU]b]b[gdfc[fUa a g'ni 'a UWYbž]gh'Yg'Y]bY
[i hY ÑYYž]b 'Y]b '[i hYgž`Ub[`YV][Yg'Gdf]b[gY]`ni ']bj Ygh]YfYb" '8Yf
?Ui Z'Y]bYg'Gdf]b[gY]`g']gh'_Y]bY 'VYXYi hYbXY '¬bj Ygh]h]cbž'UVYf'G]Y
gc``hYb 'Y]b 'k Yb][' ; Y'X']bj Ygh]YfYbž i a ']b 'Y]b 'GY]`ni ']bj Ygh]YfYbž
XUg'Y]bZUW 'Y]bni ghY``Yb ']gh'i bX'XUg'GY]`i bX'XYb ' ; f]Z'a]h
?i [Y``U[Yfb 'j YfV]bXYh" 'GY]`Y'a]h@U[Yfb '\U'hYb ']b 'XYf'FY[Y
Yhk Ug 'Àb[Yf'U'g'GY]`Yž'VY]XYbYb 'XUg'9bXY 'Y]bZUW ']a ' ; f]Z
[Y_bchYh'gh" '8Ug'Y]bni[Y'UbXYfY ' ; YfÀhž'XUg'G]Y 'VYbÒh][Ybž]gh'Y]b
H]a YfžXYf'Y]bZUW 'Ui Z'Y]b 'HY'YZcb'cXYf'HUV'Yh'Yfi bhYf[Y'UXYb
i bX'ni a '9]bghY``Yb 'VYgh]a a hYf'5fVY]hg!F i \Y!J Yf\À`hb]ggY
j Yfk YbXYhk YfXYb '_Ubb"

8 Ug 'HfU]b]b [

8 Ug 'Zc[YbXY'Gdf]b[gY]!HfU]b]b[' []Vh'¬bYb 'Y]b][Y'ÑYYbž'k]Y 'G]Y
Yg'ni '¬fYa 'VYghY\YbXYb 'HfU]b]b[gdfc[fUa a '\]bni ZØ[Yb
_ÒbbYb" '8]YgYg'HfU]b]b['_Ubb 'Ybhk YXYf'Ua '9bXY 'Y]bYg
?fUZhfhfU]b]b[g'cXYf'U'g'Y][YbghÀbX][Yg'HfU]b]b['Ua '7UfX]c!HU[
Xi fW [YZØ\fh'k YfXYb"

G]Wk 'k Ufa ``Ui ZYb

: Ø\ fYb 'G]Y 'a i 'h]d'UbUfY 'GdfØb[Y'Xi fWž]bXYa 'G]Y ']b 'U``Y 'XfY]
6Yk Y[i b[gYVYbYb 'gdf]b[Yb" '8]Yg'`]Zhž'X]Y 'A i g_Y`b 'i bX'XUg
6]bXY[Yk YVY '¬fYf' ' ; bhYfgWYb_Y'`Ui Z'X]Y ' ; fÀZhY 'j cfn VYfY]hYbž
X]Y 'g]Y 'k À\ fYbX'XYg'HfU]b]b[g'YfZU\ fYb": Ø\ fYb 'G]Y 'UW h'V]g'nY\ b
GdfØb[Y'Xi fWž'fi \Yb 'G]Y 'g]W ' ; \$ 'GY_i bXYb 'Ub['Ui g'i bX'ZØ\ fYb
G]Y 'nk Y]GÀhnY'ZØf'YXYg': 'i [nYi ['Ui g"

GdfØb[Y'a]h'[YgdU'hYb Yb '6Y]b Yb 'fGU[]hhU'YVYb YŁ.

6Y[]bbYb 'G]Y 'a]h'XYa 'fYWX hYb ': i » 'bUWX 'j cfbY 'i bX'XYa '']b_Yb
: i » 'bUWX '\b[hYb" 6Yk Y[Yb 'G]Y 'VY]a 'Gdf]b[Yb 'Δ fYb '']b_Yb ': i »
j cfk Àfhg 'i bX 'Δ fYb 'fYWX hYb ': i » 'fØW_k Àfhgž'VYj cf 'G]Y 'UbXYb"
6fY]hY 'V]g 'gWX a U'Y 'GdfØb[Y 'fI fcbhU 'YVYb YŁ. 'Gdf]b[Yb 'G]Y
X]Y ': Ø» Y 'gWX i 'hYfVfY]h'Ui gY]bUbXYf 'i bX'XUb b 'X]fY_h 'i b hYf 'X]Y
< ØZhYb"

FchUh]cbggdfØb[Y 'j cb 'Ui » Yb 'bUWX ']bbYb
fE i YfVYVYb YŁ. 'Gdf]b[Y 'bUWX 'cVYb 'i bX'XfY\Y 'XY]bYb 'fYWX hYb
: i » ']b 'F]WX hi b['& 'I '\f 'i bX'XYb '']b_Yb ': i » ']b 'F]WX hi b['%\$ 'I '\fž
k Ybb 'Xi 'UbXYgh" 8fY\Yb 'G]Y 'VY]a 'Ni fØW_gdf]b[Yb 'X]Y ': Ø» Y 'gcž
XUgg 'g]Y 'Ui Z%& 'I '\f'nY][Yb " 'I a 'Δ fY ' ? b]Y 'ni 'gWX ØhnYbž'XfY\Yb 'G]Y
Δ fY ': Ø» Y 'b]WX h 'ni 'ghUf '_i bX 'UbXYb 'G]Y 'a]h'Y]WX h ' [YVYi [hYb
? b]Yb"



HfU]b]YfYb

9]bVY]b][Y 'GdfØb[Y. 'GhY ``Yb 'G]Y 'Δ fYb 'H]a Yf'Ui Z'Y]bY 'A]bi hY
Y]b 'i bX 'j YfVf]b[Yb 'G]Y ' \$ 'GY_i bXYb 'Ui Z'YXYa '6Y]b"%) 'V]g ' \$
GY_i bXYb 'fi '\Yb 'UggYb " 'fk]bk Y]g. '6Y[]bbYb 'G]Y 'a]h' ' \$
GY_i bXYb /j Yf '_ØfnYb 'G]Y 'Δ fY 'F i '\YnY]hž'k Ybb 'g]WX 'Δ fY ':]hbYgg
j YfVYggYfh"Ł: Ø\ fYb 'G]Y 'bg[YgUa h'ZØbZ'A]bi hYb 'fhk Y]Y]b\U'V
A]bi hYb 'dfc '6Y]bŁ'Xi fWX Ł

GdfØb[Y 'a]h'[YgdU 'hYb Yb '6Y]b Yb. '6Y[]bbYb 'G]Y 'a]h'XYa
fYWX hYb ': i » 'bUWX 'j cfbY " 'K YWX gY 'b 'G]Y 'b 'XYf '@ Zh'ni a '']b_Yb ': i »
bUWX 'j cfbY 'i bX 'k YWX gY 'b 'G]Y 'VY]a 'Gdf]b[Yb 'X]Y ': Ø» Y " 'Gdf]b[Y
Y]bY 'A]bi hY 'i bX 'fi '\Y 'XUb b ' \$ 'GY_i bXYb " 'K Ybb 'G]Y 'Z'h'k YfXYbž
Yf '\Ø\Yb 'G]Y 'X]Y '5fVY]hgnY]h'Ui Z- \$ 'GY_i bXYb 'i bX 'j Yf '_ØfnYb 'G]Y
X]Y 'F i '\YnY]h'Ui Z%) 'GY_i bXYb " : Ø\ fYb 'G]Y 'j]Yf 'V]g 'gYWX g 'GÀhnY
j cb 'NY]h]b hYfj U 'Yb 'Xi fWX "

@Ui ZYb 'Ub 'Cfh'i bX 'GhY``Y. 'K YWgY'b 'G]Y 'nk]gWYb 'fYWYhYa
i bX ``]b_Ya :: i » " 'Gdf]b[Y 'Z0f'* \$ 'GY_i bXYb 'i bX [Y\Y 'ni :- \$
GY_i bXYb " 6Y[]bbYb 'G]Y 'Δ fY 'DUI gY 'YYbZU ``g 'bUW " \$ 'GY_i bXYb
i bX 'fYX i n]YfYb 'G]Y 'g]Y 'Ui Z%) 'GY_i bXYbžk Ybb 'g]W 'Δ fY :]hbYgg
j YfVYggYfh" 'I a 'X]Y 'bhYbg]hAh'ni 'Yf\ Ø\Ybž ZØ\ fYb 'G]Y
%\$!GY_i bXYb! 'bhYfj U ``Y 'Xi fWžk cVY] 'G]Y 'nk]gWYb 'gW bY ``Yb 'i bX
'Ub[gUa 'Yb 'GW f]hhYb 'k YWgY'b 'fP%\$ 'GY_i bXYb 'gdf]bhYbž %\$
GY_i bXYb " Ub[gUa 'i bX ['Y]W a A»][£": Ø\ fYb 'G]Y 'j]Yf 'V]g 'gYWg
GAhnY 'j cb 'NY]h]bhYfj U ``Yb 'Xi fW "

GY]`gdfi b['Y]hYf. 'J Yfk YbXYb 'G]Y 'X]Y 'hfUX]h]cbY ``Y
Gdf]b[gY]`Zcfa ž'ghUfhYb 'i bX ``UbXYb 'G]Y 'Ui Z'VY]XYb : Ø» Yb "
6Y[]bbYb 'G]Yž]bXYa 'G]Y " \$ 'GY_i bXYb " Ub['gdf]b[Yb 'i bX '%)
GY_i bXYb " Ub['fi \Yb": Ø[Yb 'G]Y 'VY] 'YXYf '9]bghY ``i b['V]g 'ni 'nk Y]
A]bi hYb '%) 'GY_i bXYb ' \]bni " 'F i \Yb 'G]Y 'g]W " \$ 'GY_i bXYb " Ub[
Ui g 'i bX [Y\Yb 'G]Y 'X]Y '@Y]hYf 'k]YXYf 'Ui Z' \$ 'GY_i bXYb ' \]bi bhYf "
K Ybb 'XUg 'Gdf]b[gY] 'Δ f 'Y]bñ][Yg 'HfU]b]b['Ub 'X]YgYa 'HU[']ghž
gc ``hYb 'G]Y 'X]Y '@Y]hYf 'ja '5VghUbX 'j cb " \$ 'GY_i bXYb 'V]g 'ni 'XfY]
cXYf 'j]Yf 'A]bi hYb " Ub['hfU]b]YfYb "

Single-Leg Jumps



Split-Leg Jumps



Running in Place



Rope Jumping Ladder



5V_\emptyset\`Yb

K UX Yb XY \ bi b [.. : @Y \ b Yb ' G] Y ' g] W \ Ub ' Y] b Y ' K Ub X ' i b X ' ' Y [Yb ' G] Y
= f ' f Y W \ h Y g ' 6 Y] b [Yf UX Y ' b U W \ ' \] b h Y b " < U ' h Y b ' G] Y ' = f Y < A b XY ' Ub
XY f ' K Ub X ' i b X ' X f \ W \ Yb ' G] Y ' X] Y ' f Y W \ h Y : Y f g Y '] b ' X Yb ' 6 c X Yb ' z
k A \ f Y b X ' G] Y ' X U g ' ? b] Y ' j c ' ' g h A b X] [' [Y g h f Y W \ h ' \ U ' h Y b " ' \$ ' V] g ' ()
G Y _ i b X Yb ' ' Ub [' [Y X f \ W \ h ' \ U ' h Yb ' i b X ' n k Y] ' V] g ' X f Y]
K] Y X Y f \ c ' i b [Yb ' U i Z ' Y X Y f ' G Y] h Y ' U i g Z \ f Y b "

*E i UXF]nYdg!8 Y\ bi b[.. @Y[Yb'G]Y'g]VX'Ui Z\=fY'fYVX hY'GY]hY
i bX'\U'hYb'G]Y'X]Y'CVYfgY]hY'\=fYg'']b_Yb': i »Yg']b'\=fYf'']b_Yb
<UbXžk cVY]\=f'']b_Yg'?b]Y'[YfUXY'Ui Z\=f'fYVX hYg'6Y]b'nY][h'' '\$
GY_i bXYb'`Ub[[YXfØW_h'\U'hYb'i bX'XUb b'k YVX gY`b*

bgd]f]Yfhj cb 579

8 YhU]`g

6Ygi WX Yb 'G]Y 'i bg 'Ui Z 'a Y]b !Z]hb Ygg"b Yh