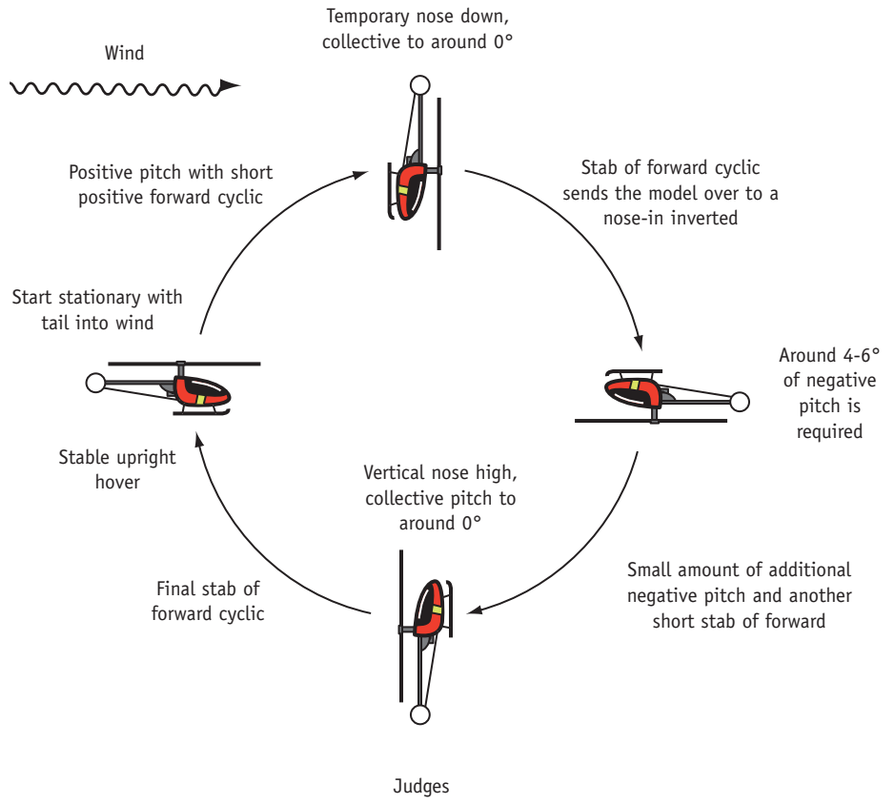***One 4-Point Forward Flip (K1)***