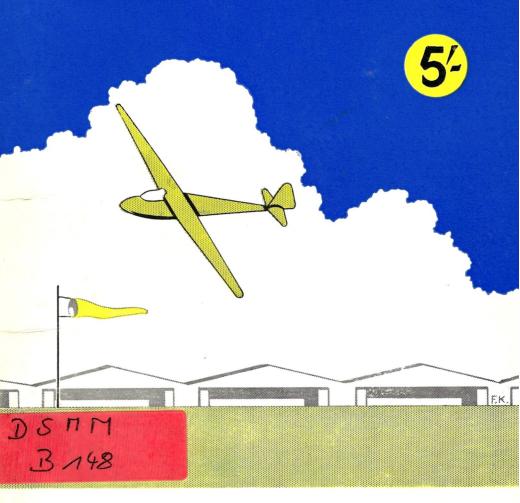
ELEMENTARY GLIDING



by Paul Blanchard

WITH 45 ILLUSTRATIONS