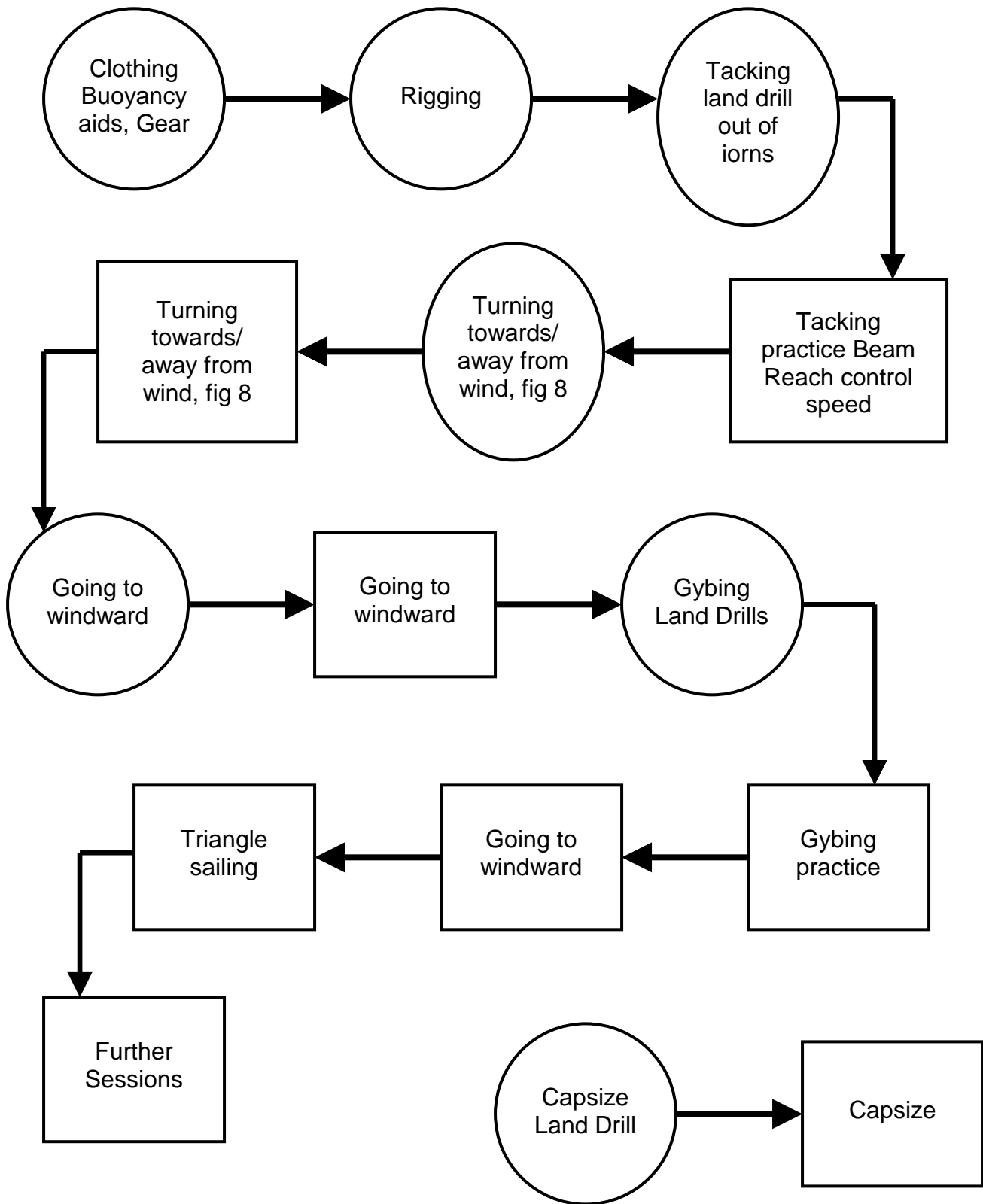


The Singlehanded Method



NB: In windy weather capsizes land drill should be demonstrated early