



Hand Shapes

Page 1



32A-

R U R' U F' U F U' R U 2' R'



32A+

R U R' U' R' F R 2 U R' U' F'



32B-

R U R' U R' F R F' R U 2' R'
y F U F' R' F R U' R' F' R



32B+

R U 2' R 2' F R F' R U 2 R'