bouldering for beginners an extract of bouldering Tutorial

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Embarking on the adventure of bouldering can be both exciting and intimidating for newcomers. As a form of rock climbing performed on small rock formations or artificial walls without ropes, bouldering emphasizes strength, technique, and problem-solving. This comprehensive guide aims to introduce beginners to the essentials of bouldering, provide an overview of the sport, and offer practical tips to help newcomers get started safely and confidently. Whether you're considering trying bouldering at a local gym or exploring outdoor bouldering areas, understanding the fundamentals will set a solid foundation for your climbing journey.

What Is Bouldering?

Bouldering is a type of rock climbing that involves climbing short but challenging routes called ?problems? without the use of harnesses or ropes. The goal is to complete the problem using the fewest moves possible while maintaining safety and control.

Key Characteristics of Bouldering

- Height: Typically ranges from 1 to 4 meters (3 to 13 feet) high.
- Protection: Uses crash pads (thick foam pads) placed on the ground to cushion falls.
- Duration: Problems usually take a few minutes to complete.
- Difficulty: Ranges from beginner-friendly to extremely advanced, with various grading systems.

The Appeal of Bouldering

- Accessibility: No need for extensive gear or outdoor access.
- Community: Social environment fosters camaraderie.
- Efficiency: Short, intense sessions perfect for busy schedules.
- Skill Development: Focus on strength, technique, and mental focus.

Essential Gear for Bouldering Beginners

Starting bouldering requires minimal equipment compared to other climbing disciplines. Here?s a list

of essential gear for beginners:

Basic Equipment

- Climbing Shoes: Snug-fitting shoes that provide grip and support.
- Chalk and Chalk Bag: Helps keep your hands dry for better grip.
- Crash Pads: Portable foam pads to cushion falls during outdoor bouldering.
- Clothing: Comfortable, flexible clothing suitable for movement.

Optional but Useful

- Brush: For cleaning holds and improving grip.
- Climbing Tape: To protect skin or fingers from cuts.
- Magnesium Block: Alternative to chalk, used in some settings.

Getting Started with Bouldering: Step-by-Step Guide

For beginners, understanding the basic process of bouldering can boost confidence and safety. Here?s a simple guide:

- Warm Up Properly

- Engage in light cardio (e.g., jogging or jumping jacks).
- Do dynamic stretches focusing on shoulders, arms, and legs.
- Practice easy climbs to prepare your muscles.

- Choose the Right Problem

- Start with beginner-friendly problems labeled as ?V0? or ?Beginner? grades.
- Seek advice from staff or experienced climbers for suitable routes.
- Observe others to understand the moves involved.

- Plan Your Climb

- Visualize your moves before starting.
- Identify holds for hands and feet.
- Decide your sequence to optimize efficiency.

- Climb with Technique

- Use your legs more than your arms to conserve energy.
- Maintain good balance and body positioning.
- Use precise grip techniques, avoiding over-gripping.

- Fall Safely

- Aim to fall onto crash pads or within designated fall zones.
- Practice controlled falls to reduce injury risk.
- Never attempt a fall headfirst or outside designated areas.

- Rest and Reflect

- Take breaks between problems to prevent fatigue.
- Analyze your performance afterward.
- Celebrate small successes and learn from mistakes.

Basic Bouldering Techniques for Beginners

Mastering fundamental techniques can significantly improve your climbing experience.

Footwork

- Place your feet precisely on holds.
- Use the edges of your shoes for better grip.
- Keep your hips close to the wall.

Handholds and Grip

- Use open-hand grips when possible to reduce finger strain.
- Engage your shoulders and back for pulling movements.
- Avoid over-gripping to conserve energy.

Body Positioning

- Keep your center of gravity aligned over your feet.
- Use your legs to push upward.
- Rotate hips to facilitate movement.

Rest Positions

- Find stable holds or positions to rest on during climbs.
- Shake out your arms to recover before continuing.

Safety Tips for Bouldering Beginners

Safety should always be a priority, especially for newcomers.

Proper Fall Technique

- Aim to land on your feet with knees slightly bent.
- Avoid sticking out your arms during a fall.
- Use crash pads effectively in outdoor settings.

Warm Up and Cool Down

- Prevent injuries by warming up muscles before climbing.
- Stretch after climbing sessions to promote flexibility.

Respect the Environment

- Follow outdoor bouldering ethics and rules.
- Leave no trace by cleaning holds and packing out trash.

Listen to Your Body

- Avoid pushing through pain.
- Rest adequately between climbing sessions.

Training and Progression for Beginners

Consistent practice and targeted training accelerate progress.

Incorporate Strength and Flexibility Exercises

- Fingerboard training (with caution).
- Core exercises like planks.
- Stretching routines for shoulders and legs.

Set Achievable Goals

- Complete specific problems or grades.
- Improve technique or endurance.

Join a Climbing Community

- Learn from experienced climbers.
- Participate in group sessions or classes.
- Gain motivation and encouragement.

Progression in Difficulty

- Gradually attempt harder problems.
- Focus on technique before increasing difficulty.
- Use project climbing to master challenging problems.

Outdoor vs. Indoor Bouldering

Both environments offer unique experiences for beginners.

Indoor Bouldering

- Controlled environment with consistent holds.
- Climate-controlled and safe.
- Offers structured grading and route setting.
- Ideal for beginners to learn fundamentals.

Outdoor Bouldering

- Connects climbers with nature.
- Requires more gear and awareness.
- Natural holds and varied terrain.
- Offers a more authentic climbing experience.

Tips for Transitioning

- Start indoors to build skills and confidence.
- Learn outdoor ethics and safety.
- Use outdoor bouldering as a progression step.

Common Challenges and How to Overcome Them

Many beginners face obstacles on their climbing journey.

Fear of Falling

- Practice falling under supervision.
- Use proper fall techniques.
- Build confidence gradually.

Fatigue and Overuse Injuries

- Take regular breaks.
- Strengthen supporting muscles.
- Avoid overtraining.

Plateaus in Progress

- Vary your training routine.
- Focus on technique and footwork.
- Seek coaching or classes for feedback.

Lack of Motivation

- Set realistic goals.
- Climb with friends.
- Celebrate small improvements.

Conclusion: Embrace the Bouldering Journey

Bouldering for beginners is an exciting gateway into the world of rock climbing. It?s a sport that combines physical strength, mental focus, and problem-solving skills in a fun and social environment. By starting with the right gear, learning fundamental techniques, practicing safety, and setting achievable goals, beginners can enjoy a rewarding and injury-free experience. Remember, progress in bouldering takes time, patience, and persistence. Embrace each climb as a stepping stone towards greater strength, skill, and confidence. So, grab your climbing shoes, find a local gym, and start your bouldering adventure today!

Bouldering for Beginners: An Essential Guide to Getting Started

Bouldering for beginners is an exciting and rewarding entry point into the world of rock climbing. With its focus on short, challenging climbs without the need for harnesses or ropes, bouldering offers a unique blend of physical exertion, problem-solving, and mental focus. Whether you're new to climbing or just exploring different forms of the sport, understanding the fundamentals of bouldering can help you build confidence and enjoy the journey to becoming a proficient climber.

In this comprehensive guide, we will explore the basics of bouldering, including essential techniques, safety tips, equipment, and how to progress as a beginner. We?ll also extract key lessons from experienced climbers and provide practical advice to help you make the most of your bouldering experience.

What is Bouldering?

Bouldering is a style of rock climbing performed on small rock formations or artificial climbing walls without the use of ropes or harnesses. The climbs, known as "problems," are typically short, usually ranging from just a few feet to around 15 feet high, allowing climbers to focus on power, technique, and problem-solving within a manageable height.

Features of Bouldering:

- Short, intense climbs ("problems")
- No harnesses or ropes needed
- Use of crash pads for safety
- Focused on strength, technique, and mental agility

Pros of Bouldering for Beginners:

- Less equipment needed
- Safer environment for learning basic skills
- Shorter sessions perfect for building strength
- Encourages problem-solving skills

Cons:

- Potential for falls onto crash pads
- Limited scope for endurance training
- Can be intimidating for those afraid of heights

Getting Started: Essential Equipment and Safety

Starting bouldering requires minimal equipment, making it accessible and convenient. However, safety should always be a priority to prevent injuries and ensure an enjoyable experience.

Basic Equipment for Beginners

- Climbing Shoes: Tight-fitting shoes designed for grip and precision.
- Chalk and Chalk Bag: Helps keep hands dry for better grip.
- Crash Pads: Portable foam pads placed below the climbing area to cushion falls.
- Clothing: Comfortable, flexible clothing that allows full movement.
- Optional: Brush for cleaning holds, toe caps for protection.

Safety Tips

- Always inspect the crash pads and ensure they are correctly positioned.

- Use a spotter if possible, to help guide falls.
- Climb within your limits and avoid overexertion.
- Warm up thoroughly before climbing.
- Learn and practice falling safely?try to land on your feet and roll if necessary.
- Climb with experienced partners or under supervision when starting out.

Features of a Safe Bouldering Environment:

- Well-maintained crash pads
- Clear communication among climbers
- Properly marked or designated climbing areas
- Knowledgeable staff or experienced climbers available for guidance

Fundamental Techniques for Beginners

Mastering basic techniques is crucial for progressing in bouldering. These skills form the foundation upon which more advanced moves are built.

Body Positioning and Movement

- Keep your hips close to the wall to conserve energy.
- Use your legs to push yourself upward; arms should do less work.
- Maintain balanced and controlled movements rather than rushing.
- Use your feet precisely, placing them on holds with confidence.

Grip Techniques

- Use open-hand grips when possible to reduce finger strain.
- Switch grips smoothly to avoid overloading fingers.
- Rest frequently to prevent fatigue and injury.

Footwork

- Place your feet carefully on holds, focusing on accuracy.
- Use the edges of your shoes for better grip.
- Practice silent foot placements to improve precision.

Rest and Recovery

- Find holds that allow you to shake out and rest your arms.
- Avoid over-gripping to reduce fatigue.
- Take breaks between attempts to recover strength.

Climbing Problems: How to Approach Your First Problems

As a beginner, tackling different types of problems can enhance your skills and confidence. Here's how to approach your first climbs.

Start with Easy Problems

- Look for beginner-friendly routes marked as "V0" or "Beginner."
- Focus on fluid movement rather than difficulty.
- Celebrate small successes to stay motivated.

Break Down the Problem

- Analyze the holds and plan your moves before climbing.
- Use a "rest" or "shake out" to recover during challenging sections.
- Be patient; problem-solving is part of the process.

Learn from Others

- Watch more experienced climbers to learn techniques.
- Ask for tips or advice to improve your form.
- Join beginner classes or group climbs for support.

Progression and Improvement Strategies

Bouldering is a sport of continuous improvement. As you gain strength and technique, you'll be able to tackle more challenging problems.

Consistent Practice

- Climb regularly, ideally 2-3 times a week.
- Keep a training log to track progress and goals.

Focus on Technique

- Prioritize movement quality over difficulty.
- Incorporate drills that enhance footwork and body positioning.

Strength and Flexibility

- Incorporate strength training, such as core exercises.
- Stretch regularly to improve flexibility, aiding in reaching holds.

Set Achievable Goals

- Aim for specific grades or problems.
- Celebrate milestones to stay motivated.

Common Challenges and How to Overcome Them

Every beginner faces hurdles?whether physical or mental. Recognizing these challenges helps in developing effective strategies.

Fear of Falling

- Practice falling safely with a spotter.
- Start on lower problems to build confidence.
- Remember that falls are part of learning and safety is prioritized.

Finger and Grip Fatigue

- Rest adequately between attempts.
- Warm up fingers before climbing.
- Avoid over-gripping holds.

Plateaus in Progress

- Mix up your problem types and difficulty levels.
- Focus on refining technique rather than just increasing difficulty.
- Consider coaching or lessons for personalized feedback.

The Extract of Bouldering Wisdom from Experienced Climbers

Learning from seasoned climbers provides insights that can accelerate your progress and deepen your enjoyment of bouldering.

- Patience and Persistence: Progress is gradual; celebrate small victories.
- Mind Over Matter: Stay mentally focused and positive, especially after setbacks.
- Enjoy the Process: Focus on problem-solving and movement rather than just completing routes.
- Community Matters: Climbing gyms foster a supportive environment?engage with fellow climbers.
- Safety First: Never compromise safety for a climb; respect your limits.

Conclusion: Embracing Your Bouldering Journey

Bouldering for beginners is more than just climbing walls?it's a pathway to physical fitness, mental resilience, and personal growth. The key is to start slowly, prioritize safety, and have fun exploring the myriad problems that challenge and inspire you. With consistent practice and a curious mindset, you'll soon notice improvements not only in your climbing ability but also in your confidence and problem-solving skills.

Remember, every expert climber was once a beginner. Embrace each climb as a new opportunity to learn and enjoy the thrill of conquering a new problem. Whether you're climbing for fitness, social connection, or pure adventure, bouldering offers a rewarding journey that keeps you coming back for more.

Happy climbing!

QuestionAnswer What is bouldering and how does it differ from other types of climbing? Bouldering is a form of rock climbing performed on small rock formations or artificial walls without the use of ropes, typically at heights below 20 feet. Unlike sport or trad climbing, bouldering focuses on short, powerful moves and problem-solving techniques on lower heights. What essential equipment do beginners need to start bouldering? Beginners should start with a pair of climbing shoes, a chalk bag to keep hands dry, and possibly crash pads for outdoor bouldering. Many gyms provide rental shoes and mats, making it accessible for newcomers to try bouldering safely. How can beginners improve their bouldering skills effectively? Practicing regularly, focusing on proper technique, and learning to read problems are key. Additionally, working on strength and flexibility,

and seeking guidance from experienced climbers or instructors can accelerate progress. What are common safety tips for beginners in bouldering? Always use crash pads or mats, learn proper falling techniques, start with easier problems to build confidence, and never attempt moves beyond your current skill level. Warm-up thoroughly before climbing and listen to your body to prevent injuries. What are some beginner-friendly bouldering problems to try? Look for 'V0' or 'V1' problems in the V-scale, which are designed for beginners. These problems typically have simple, straightforward moves that help build confidence and basic technique. Can bouldering help improve overall fitness and strength? Yes, bouldering is a full-body workout that improves strength, endurance, flexibility, and coordination. It also enhances problem-solving skills and mental focus. What should beginners know about bouldering etiquette? Respect other climbers, wait your turn, avoid blocking holds, and communicate clearly. Always check that crash pads are properly placed and secure, and be mindful of your surroundings to ensure a safe climbing environment.

Related keywords: bouldering basics, climbing safety, beginner bouldering techniques, climbing gear, bouldering routes, climbing gyms, grip strength exercises, fall protection, climbing shoes, bouldering problems

EXTRACT FROM GOODNIGHT MR TOM

extract from goodnight mr tom offers a poignant glimpse into the emotional depth and compelling storytelling that has made this novel a beloved classic. Written by British author Michelle Magorian, Goodnight Mr Tom is a powerful tale of hope, resilience, and the transformative power of kindness set during the tumultuous period of World War II. This article explores the key themes, characters, and significance of the extract, providing an insightful overview for readers and students alike.

Overview of Goodnight Mr Tom

Before delving into the specific extract, it?s important to understand the context of the novel. Published in 1981, Goodnight Mr Tom follows the story of Willie Beech, a young boy evacuated from London during the Blitz. He is sent to live with the reclusive and gruff Mr Tom Oakley in the countryside. Over time, Willie?s life transforms through the kindness and understanding of Mr Tom and the community.

The novel tackles themes such as childhood trauma, the importance of compassion, and the impact of kindness on personal growth. It?s celebrated for its historical accuracy, emotional depth, and compelling character development.

Key Themes in the Extract from Goodnight Mr Tom

The selected extract encapsulates several central themes of the novel:

1. The Power of Compassion and Kindness

The extract demonstrates how acts of kindness can heal emotional wounds and foster trust. Mr Tom?s gentle approach contrasts with Willie?s previous experiences of neglect, highlighting the importance of patience and understanding.

2. Childhood Trauma and Healing

Willie?s backstory is filled with hardship, including neglect and emotional abuse. The extract provides insight into his vulnerability and the slow process of recovery through caring relationships.

3. The Transformation of Characters

Both Willie and Mr Tom undergo significant personal growth. The extract captures the moment where Willie begins to open up, symbolizing hope and change.

Analysis of the Extract

While the specific extract may vary, typical passages focus on scenes such as Willie?s first interactions with Mr Tom, moments of reassurance, or the development of their bond. Here, we examine a common scene where Willie experiences a breakthrough.

Summary of a Typical Extract Scene

In this scene, Willie, initially shy and withdrawn, is hesitant to speak or trust Mr Tom. Through gentle conversation and small acts of kindness?such as sharing a meal or reading together?Willie begins to feel safe. The scene often employs descriptive language to highlight the contrasting personalities of the characters and the atmosphere of the rural setting.

Literary Techniques Used

The extract employs various techniques to evoke emotion and deepen understanding:

- **Imagery:** Vivid descriptions of the countryside, the warmth of the home, and emotional expressions create a sensory experience.
- **Dialogue:** Realistic conversations reveal character traits and foster empathy.
- **Symbolism:** Small gestures symbolize trust and acceptance, such as Mr Tom offering a cup of tea or a comforting touch.

- **Tone:** The tone shifts from cautious to warm, reflecting the emotional journey of the characters.

The Significance of the Extract in the Context of the Novel

This extract is crucial as it marks a turning point in Willie?s emotional development. It exemplifies the novel?s message that kindness and understanding can overcome even the deepest wounds.

Character Development

The scene illustrates Willie?s gradual opening up, showing his transition from a frightened, distrustful boy to someone capable of forming meaningful relationships.

Theme Reinforcement

The extract reinforces themes of hope, resilience, and the healing power of human connection that are woven throughout the novel.

Emotional Impact

Readers are invited to empathize with Willie?s vulnerability and to celebrate his small victories, which resonate universally.

Why Goodnight Mr Tom Continues to Be Relevant Today

Despite being set during the 1940s, the themes in the extract remain relevant. It reminds us of the importance of kindness in a world often marked by conflict and neglect. The novel encourages readers to reflect on their own capacity for compassion and the profound impact it can have on others.

Educational Value

The novel is frequently studied in schools for its literary merit and historical insight. Extracts are used to teach:

- Character analysis
- Understanding themes and motifs
- Exploring historical context
- Developing empathy and emotional intelligence

Cultural Significance

Goodnight Mr Tom has been adapted into a successful film and stage play, further cementing its place in cultural discourse. Its message of hope and kindness continues to inspire audiences worldwide.

Conclusion

The extract from Goodnight Mr Tom captures the essence of Michelle Magorian?s heartfelt storytelling. It exemplifies how small acts of kindness can lead to profound personal change, making the novel a timeless reminder of the resilience of the human spirit. Whether for educational purposes or personal reflection, engaging with this extract offers valuable insights into the power of compassion, the importance of understanding childhood trauma, and the enduring hope that defines the human experience.

By exploring this extract, readers gain a deeper appreciation of the characters? journeys and the novel?s universal themes, ensuring its relevance for generations to come.

Extract from Goodnight Mr Tom: An In-Depth Analysis of Its Themes, Characters, and Literary Significance

"Extract from Goodnight Mr Tom" offers readers a compelling glimpse into a story rich with emotional depth, historical context, and powerful character development. This extract, often used in educational settings, highlights the novel's central themes of kindness, resilience, and the impact of human connection amidst adversity. In this article, we will explore the key elements of this extract, analyze its significance, and examine how it reflects the broader narrative of Goodnight Mr Tom by Michelle Magorian.

Introduction to Goodnight Mr Tom

Before delving into the extract itself, it's essential to understand the novel's background. Published in 1981, Goodnight Mr Tom is a heartfelt story set during World War II. It follows the journey of Willie Beech, a young boy evacuated from London to the countryside, where he encounters Mr. Tom Oakley, a reclusive and initially stern man. Over time, their relationship blossoms into a deep bond that transforms both characters' lives.

The novel explores themes such as:

- The healing power of kindness
- The impacts of trauma and trauma recovery
- The importance of family and belonging
- Courage and resilience in challenging circumstances

The Significance of the Extract

The chosen extract typically captures a pivotal moment in William's journey?perhaps when he first begins to trust Mr. Tom, reveals his vulnerabilities, or experiences a moment of joy or fear. Such extracts serve to illustrate the novel's core messages, allowing readers to connect emotionally with the characters and understand the complexities of their development.

By analyzing this extract, readers gain insights into:

- The emotional landscape of the characters
- The narrative techniques used by Michelle Magorian
- The historical context shaping the characters' experiences
- The themes of kindness, trust, and healing

Character Analysis in the Extract

William Beech

In the extract, William often emerges as a fragile, innocent boy scarred by the trauma of war and an unstable home life. His interactions reveal his vulnerability and desire for safety and love. Key traits to observe include:

- His innocence and naivety
- His guarded nature due to past experiences
- His capacity for emotional growth when nurtured

Mr. Tom Oakley

Mr. Tom is portrayed as initially stern and reserved but reveals a deep capacity for kindness and compassion. His character development in the extract might highlight:

- His protective instincts
- His slowly revealed warmth and understanding
- His sense of responsibility towards William

Key Literary Techniques in the Extract

Michelle Magorian employs various literary techniques that enrich the narrative:

- Imagery: Vivid descriptions evoke the setting and emotional states. For example, portraying the countryside?s tranquility contrasts with William's inner turmoil.
- Dialogue: Reflects character relationships and emotional shifts. The way characters speak to each other reveals trust-building or moments of vulnerability.
- Tone and Mood: Shifts from tense and cautious to warm and hopeful, mirroring the characters' emotional journeys.
- Symbolism: Objects or settings, such as the safe home of Mr. Tom's house, symbolize safety and belonging.

Thematic Breakdown

- Trust and Building Relationships

The extract often illustrates William?s initial mistrust and Mr. Tom?s patient efforts to build a bond. This theme underscores how trust is essential for healing.

Key points:

- The gradual process of opening up
- The importance of patience in nurturing relationships
- How trust can transform fear into safety

- The Power of Kindness and Compassion

A central theme, it demonstrates how small acts of kindness can have profound effects. Mr. Tom?s gentle approach contrasts with William?s previous experiences.

Key points:

- Acts of care, such as offering comfort or understanding
- The transformative impact of kindness on trauma recovery
- The moral message that compassion can heal wounds

- Overcoming Trauma and Finding Hope

William?s journey from fear to hope is pivotal. The extract may include moments where William

begins to see a future beyond his past.

Key points:

- Moments of emotional vulnerability and breakthrough
- The significance of a safe environment for recovery
- The resilience of the human spirit

Educational Focus and Questions

When analyzing an extract from Goodnight Mr Tom, consider the following questions:

- How do the characters' dialogue and actions reveal their personalities and emotional states?
- What does the setting tell us about the mood or themes of the extract?
- How does Michelle Magorian use language to evoke empathy?
- What is the significance of a particular symbol or object in the extract?
- How does the extract reflect the broader themes of the novel?

Conclusion: The Enduring Legacy of Goodnight Mr Tom

An extract from Goodnight Mr Tom serves as a powerful tool for exploring complex themes of kindness, trauma, and human resilience. Its detailed character development and evocative language make it a compelling piece for analysis and reflection. Whether used in an educational context or enjoyed as a standalone story, this extract encapsulates the essence of Michelle Magorian?s work?a testament to the transformative power of compassion amidst adversity.

Through examining this extract, readers gain a deeper appreciation of the novel?s message: that even in the darkest times, kindness and understanding can light the way towards healing and hope.

QuestionAnswer What is the main theme of 'Goodnight Mr Tom'? The novel explores themes of friendship, resilience, trauma, and the healing power of kindness, set against the backdrop of World War II. Who is the protagonist in 'Goodnight Mr Tom'? The protagonist is William Beech, a young boy evacuated from London during the war who forms a close bond with Mr. Tom. How does William's character develop throughout the story? William evolves from a frightened, neglected child into a confident and emotionally resilient young boy, thanks to the support and kindness he receives from Mr. Tom and others. What role does Mr. Tom play in William's life? Mr. Tom acts as a caring guardian, providing William with stability, love, and guidance, helping him overcome his past traumas. Why is 'Goodnight Mr Tom' considered a significant children's novel? It addresses serious issues like trauma and resilience in a compassionate way, making it both educational and

emotionally impactful for young readers. Has 'Goodnight Mr Tom' been adapted into other media? Yes, the novel has been adapted into a successful stage play, a television film, and an audio drama, broadening its reach and impact. What lessons can readers learn from 'Goodnight Mr Tom'? Readers can learn about the importance of kindness, understanding, and resilience in overcoming life's challenges and the healing power of human connection.

Related keywords: Goodnight Mr. Tom, extract, summary, themes, characters, plot, analysis, chapter overview, review, literary critique

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