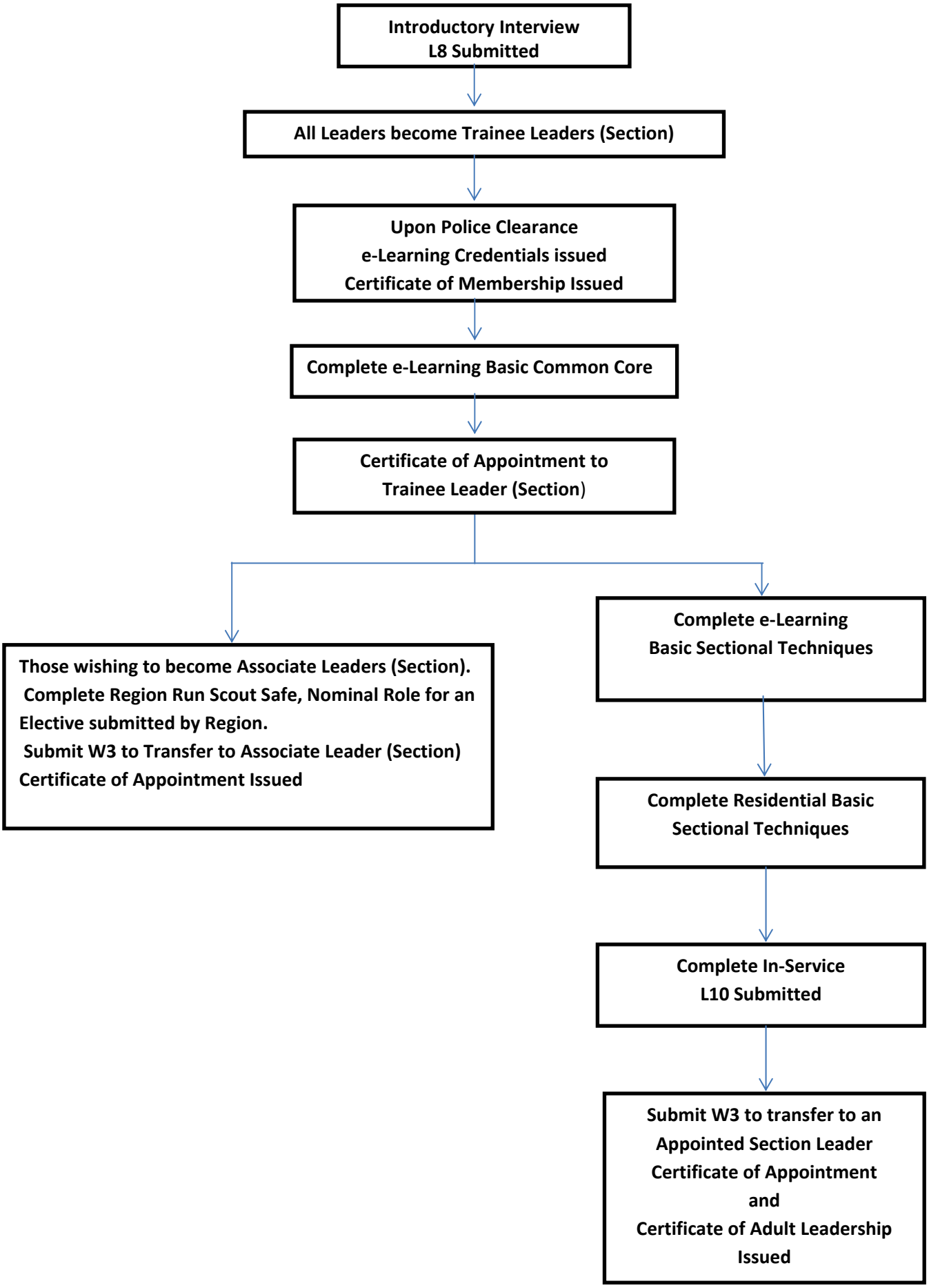# BASIC TRAINING