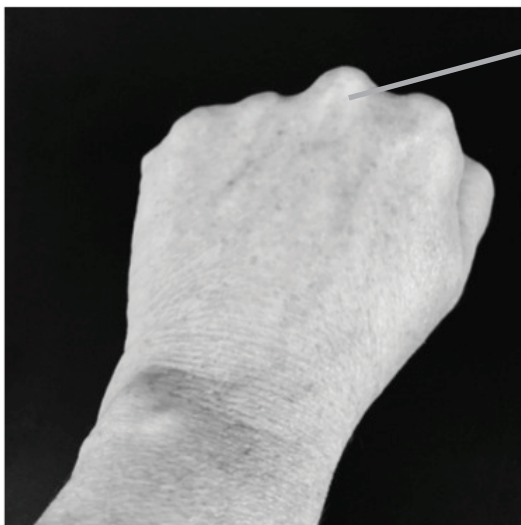
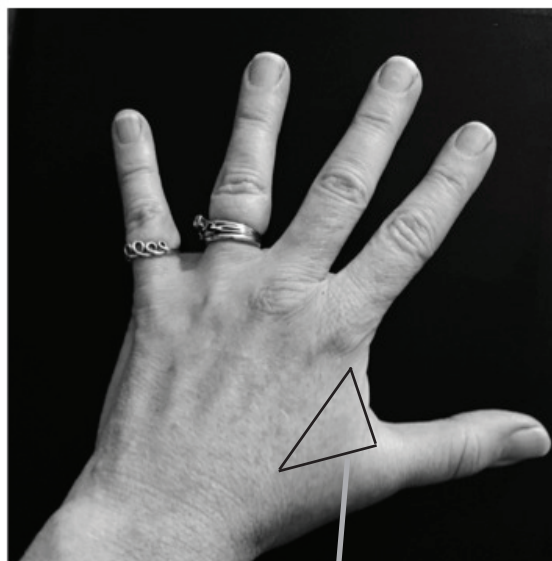


Image #23: The fist



Big knuckle of the third finger. Also called the MCP joint.

Image #24: Open palm



Muscles that move the thumb away from the fingers live here.

Image #25: Lateral finger movement

Live long and practice!

