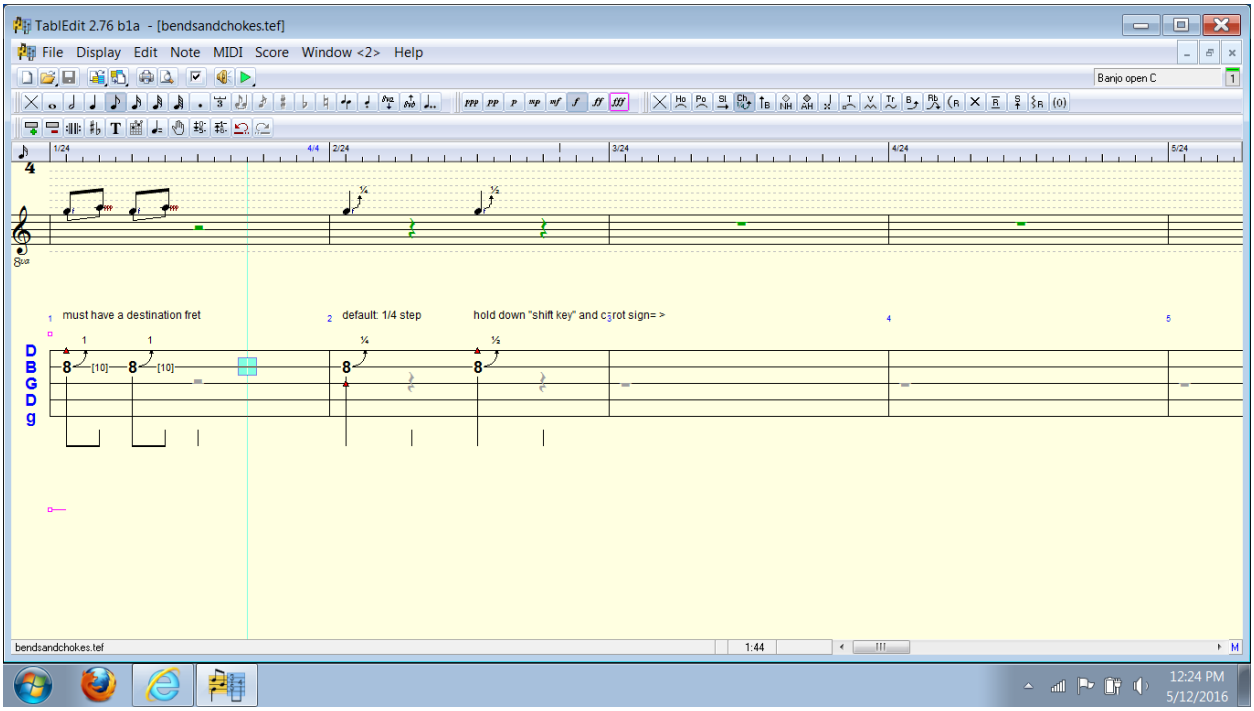Bend and Choke Techniques: