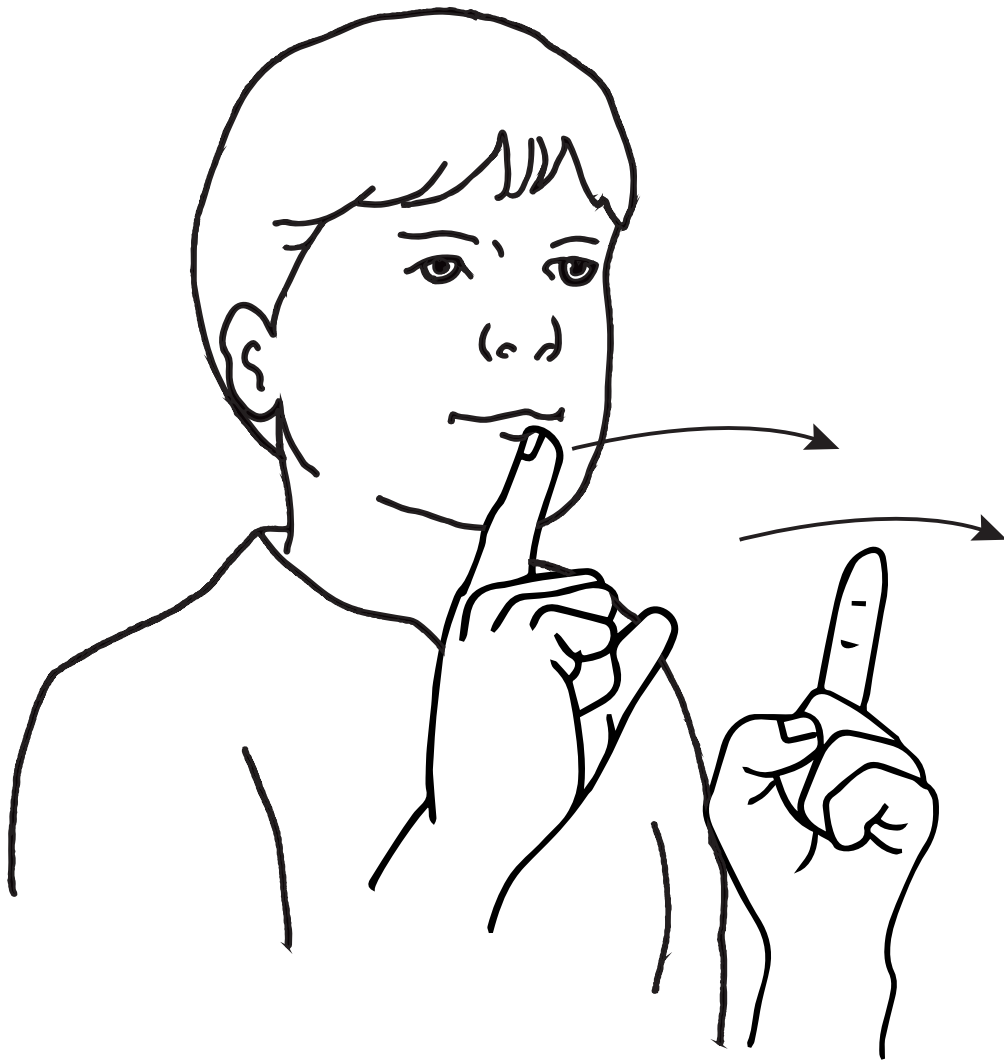


# Answer



Bend wrist down simultaneously,  
end pointing forward.