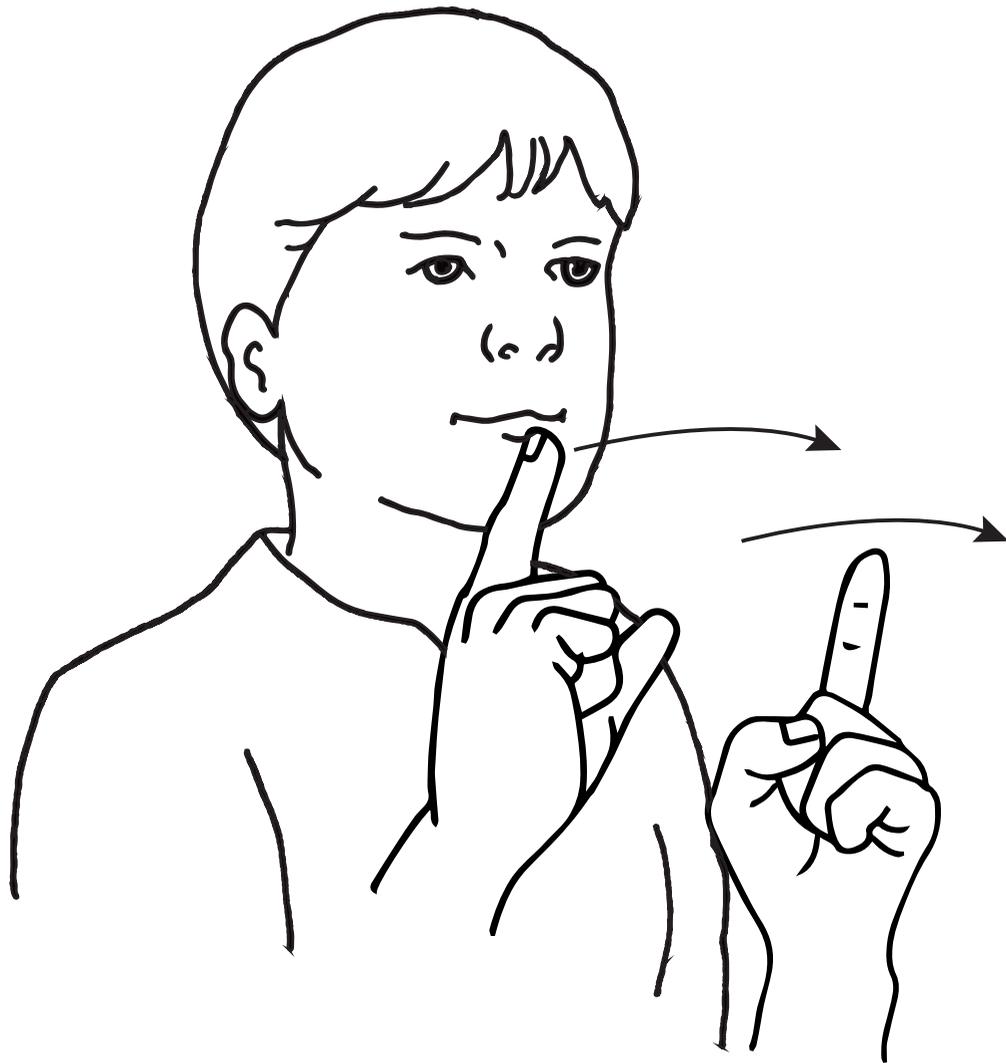


Answer



Bend wrist down simultaneously,
end pointing forward.