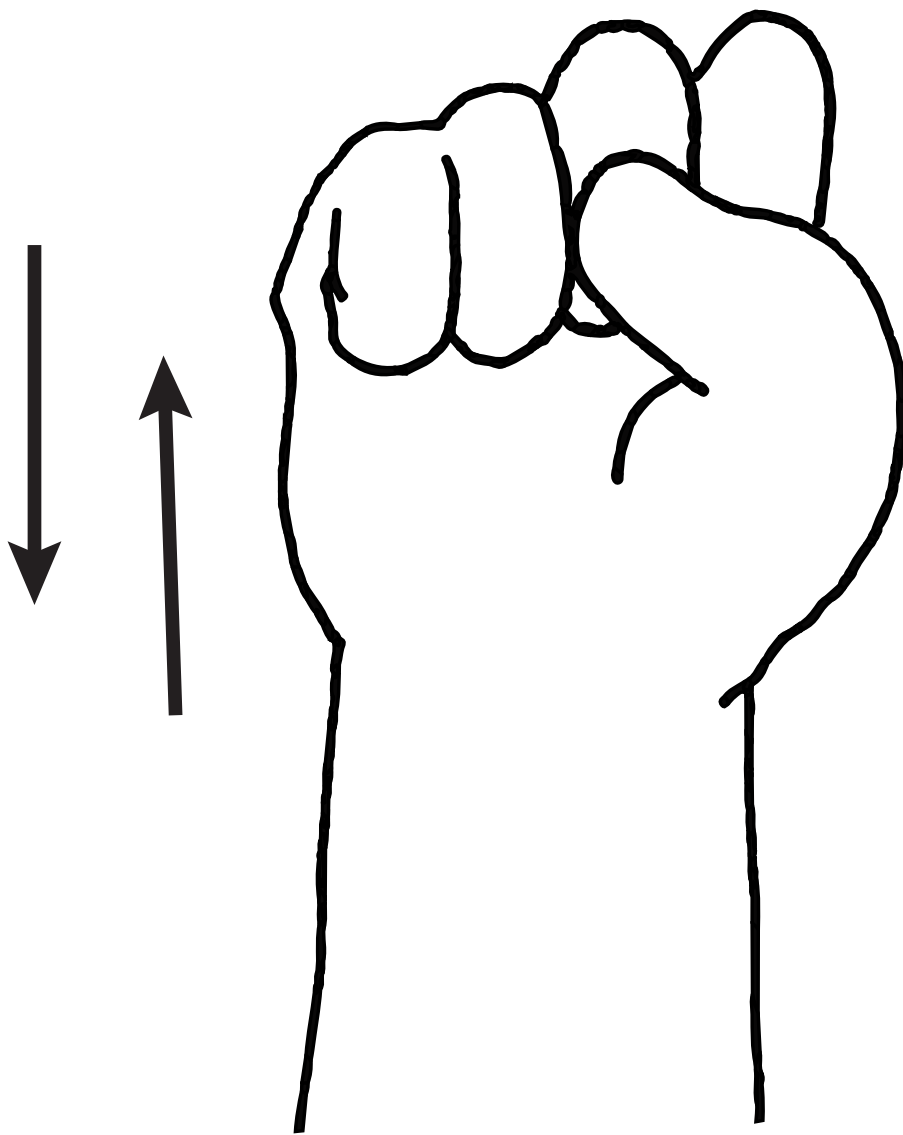# Yes

Bend at wrist up and down.