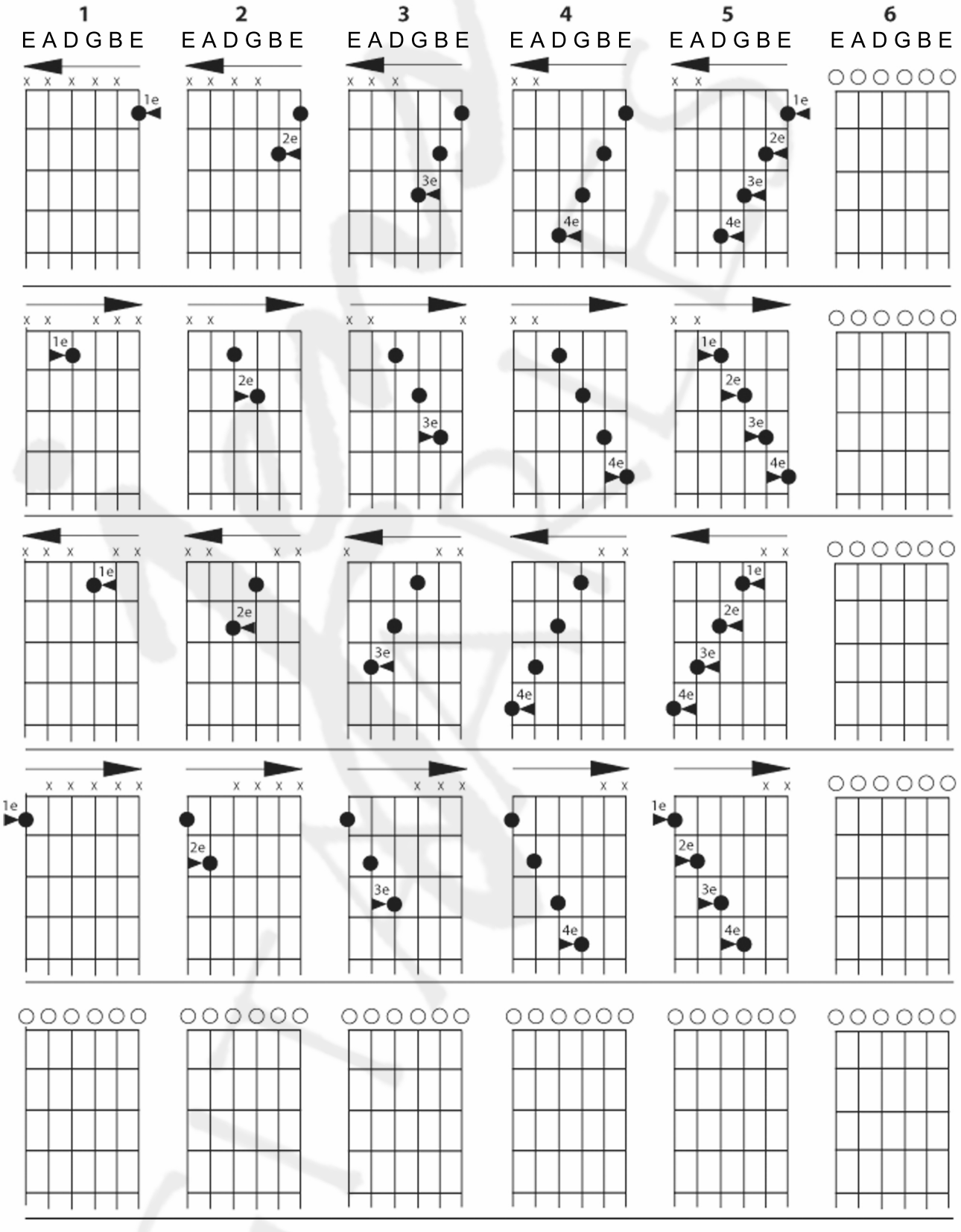Walking Techniek (oefeningen vingersetting)