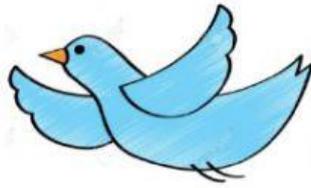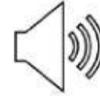Listen and repeat.

run

swim

fly

climb

Match.

I can run

I can swim

I can fly

I can climb