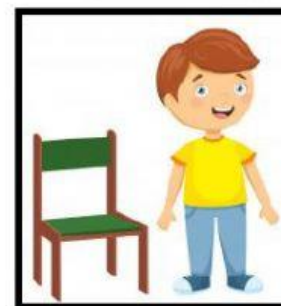Listen, read and match.

SIT DOWN

STAND UP

TURN AROUND

PUT ONE HAND UP

JUMP