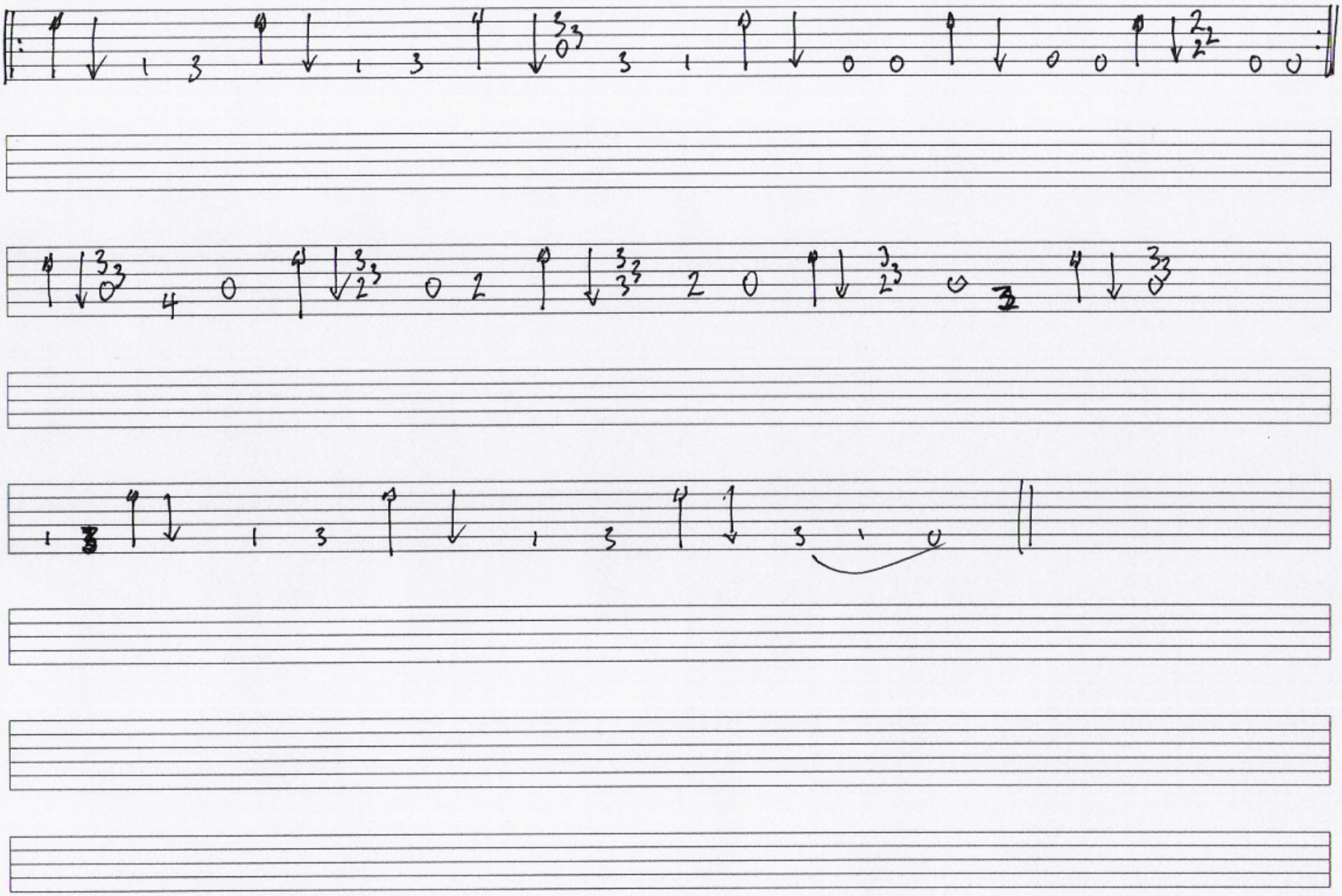Alzapúa Exercise for Buleriá (Alzapúa Doble) M. A. Bengoa