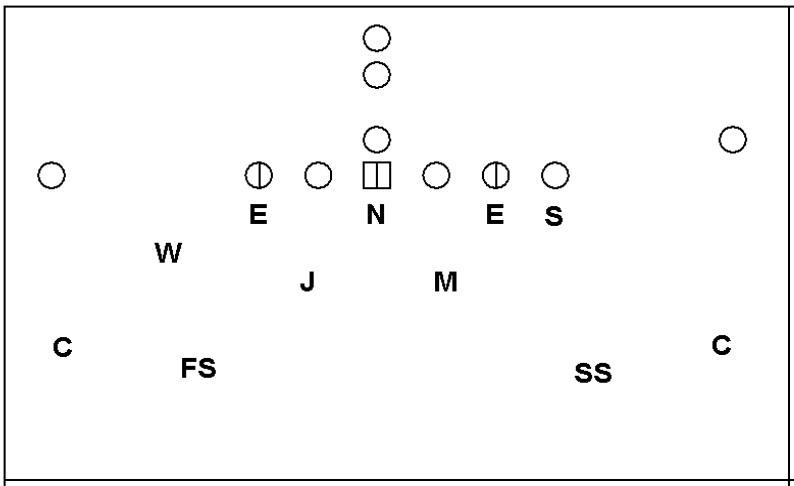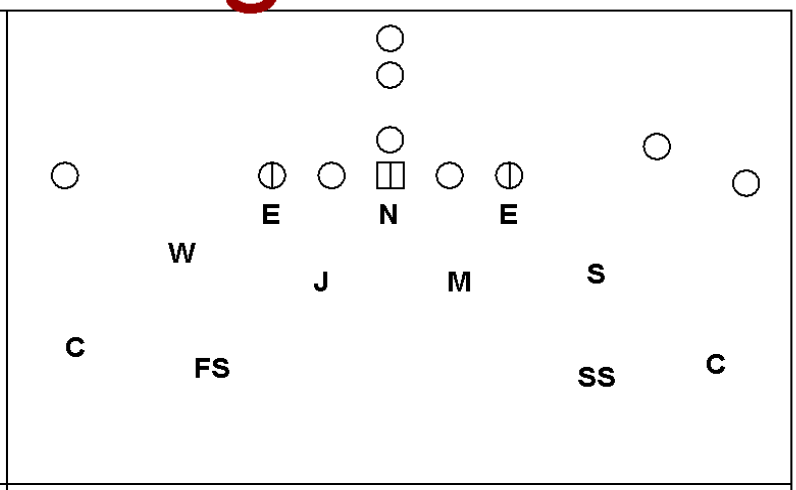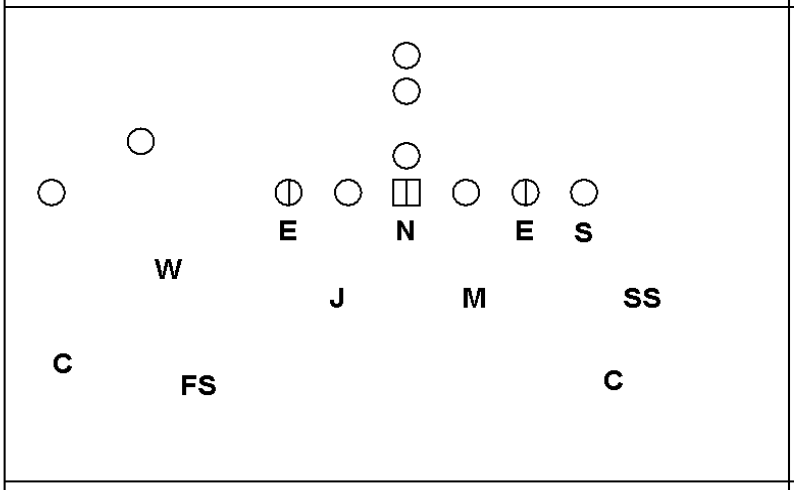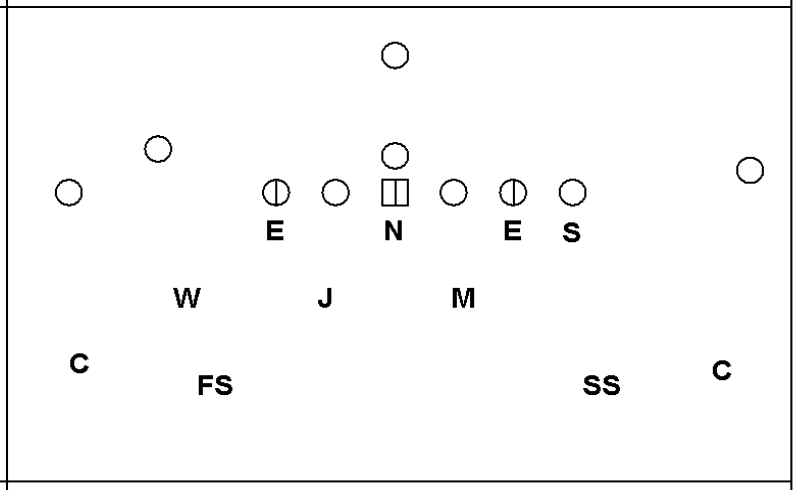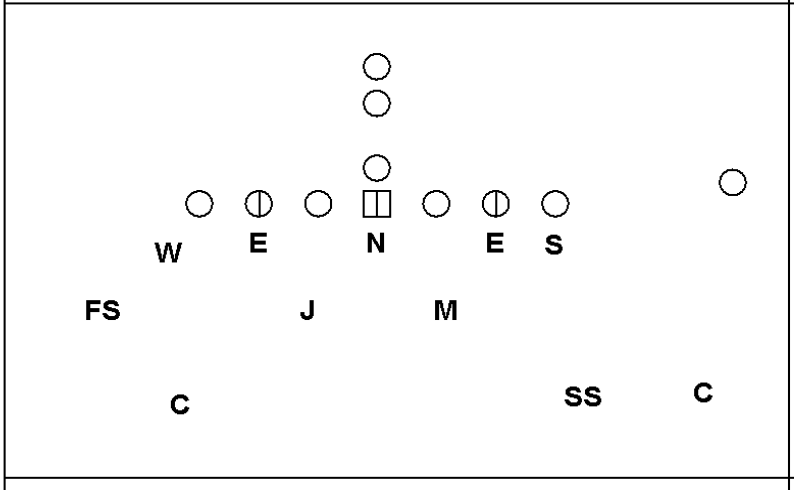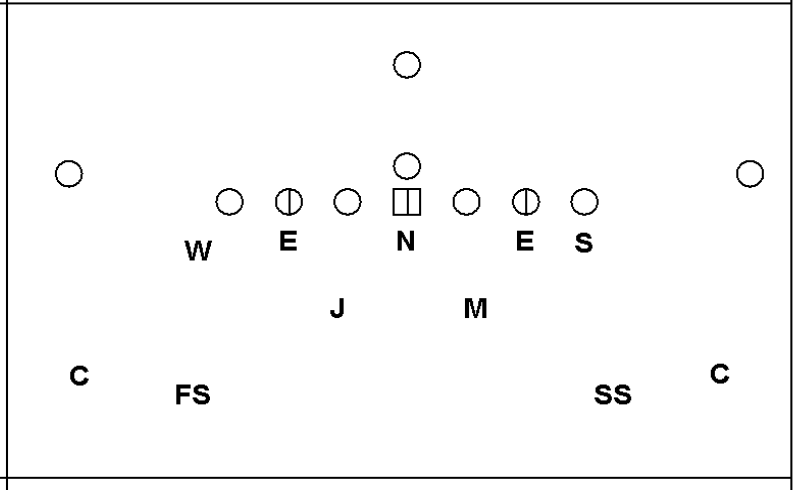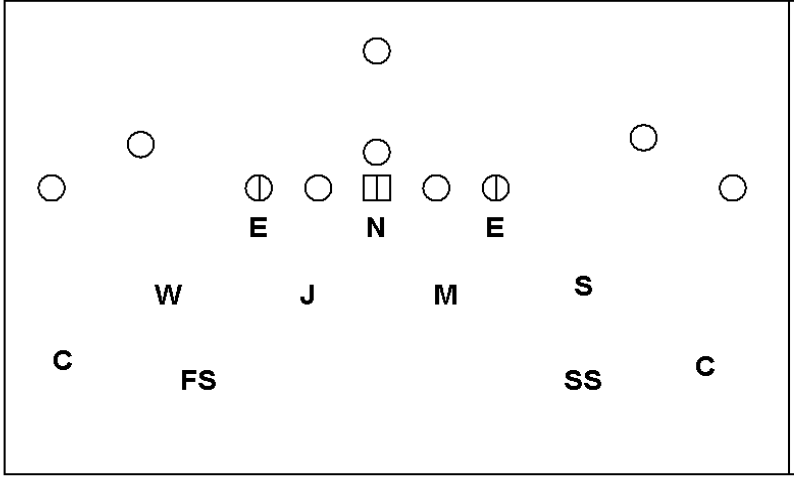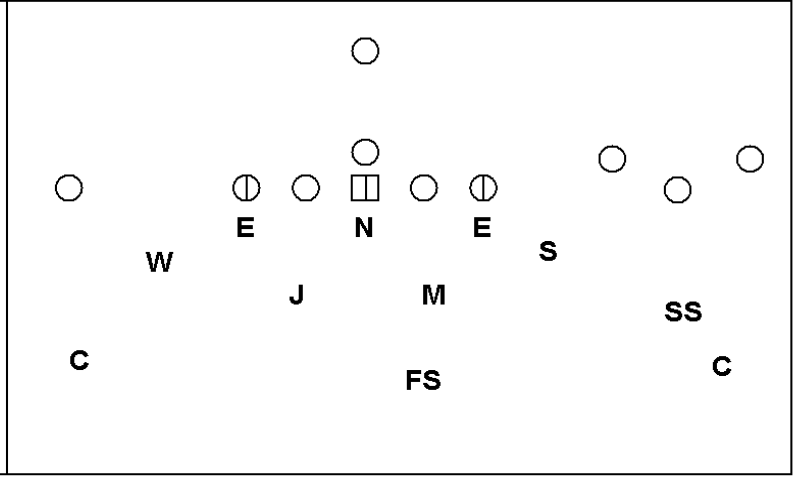3-4 Defense Alignments