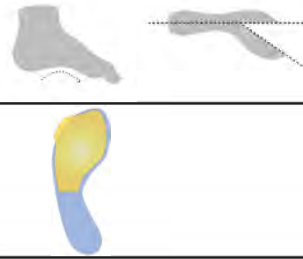


BOOSTIC

Code:	70014 - 000		
Upper:	1.8mm Suede + Microfiber	HOOKED	HIGHLY ASYMMETRIC
Last:	FZ		
Sole:	XS EDGE 4,0mm		
Sizes:	35 - 45 (with ½ sizes)		
Weight:	250g (½ pair size 40)		

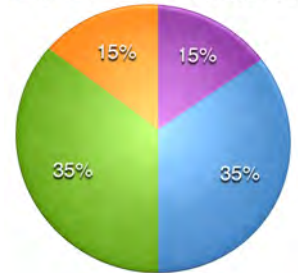


RECOMMENDED FOR:

A diverse range of small foot holds

Balance of characteristics

● SENSITIVITY ● SUPPORT
● POWER ● PROLONGED USE



Twin velcro straps attached to full length side panel to lock the foot in place. High stretch mesh gusset for easy entry and a large volume range. Top grain leather detailing.

Full wrap XS Edge heel rubber for excellent hooking and heel to toe pressure.

Microfibre, top grain leather and suede leather combination 7 panel upper with 3/4 bilateral stitch, high rise big toe wrap and offset four toe support stitch for best fit and custom moulding. Split parallel stitched heel for comfort with tension.

Aggressive, high power focused, knuckled up toe box.

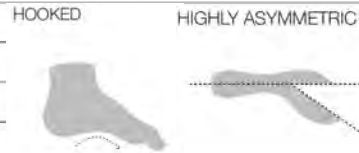
V-Tension active randing gives the Boostic a further edging advantage with the toes pressured forward into the toe box. It also maintains the aggressive shape but allows the full rubber sole to support the rear of the shoe.

CYAN - SPRING - PARROT

A Flexan 1.0mm insert is under the forefoot and wraps around the outside of the four toes allowing maximum pressure to be placed on tiny foot holds with the full power of all of the foot. The back half of the shoe is supported by the full length outsole which maintains its flexibility and gives excellent freedom of movement.

BOOSTER S

Code: 70012 - 000
Upper: Microfiber
Last: FZ
Sole: XS Grip2 3.5mm
Sizes: 34 - 45 (with ½ sizes)
Weight: 210g (½ pair size 40)



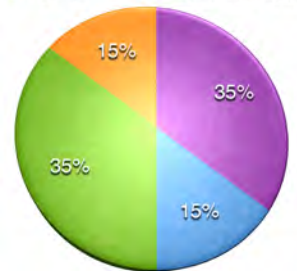
A Super light performance shoe, designed to “feel the flow”. Power Ribbon midsole with 3-directional Tri-tension system made exclusively for this model , the Booster S is a versatile shoe able to give excellent feed back but still dominate small holds when needed....

RECOMMENDED FOR:

A diverse range of foot holds

Balance of characteristics

● SENSITIVITY ● SUPPORT
● POWER ● PROLONGED USE



Soft compound heel cap for maximum bite when hooking.

Twin velcro straps attached to full length side panel to lock the foot in place. High stretch mesh gusset for easy entry and a large volume range.

Microfibre and leather combination 6 panel upper with 3/4 bilateral stitch , high rise big toe wrap and offset four toe support stitch for best fit and custom moulding. Split parallel stitched heel for comfort with tension.

Tri-Tension randing tuned exclusively for this model , providing a balance of support , sensitivity and drive for the toe box.

Aggressive , high power focused , knuckled up toe box.

Minimalistic Flexan 1.0mm plastic insert with floating big toe pad and four toe grouping for improved sensitivity and support. Support ribbon strip along FHL muscle to reduce foot fatigue.

YELLOW



CHIMERA

NEW

Code:	70052 - 000		
Upper:	Microfiber		
Last:	FZ	HOOKED	HIGHLY ASYMMETRIC
Sole:	XS GRIP2 3,5mm		
Sizes:	34 - 45 (with ½ sizes)		
Weight:			

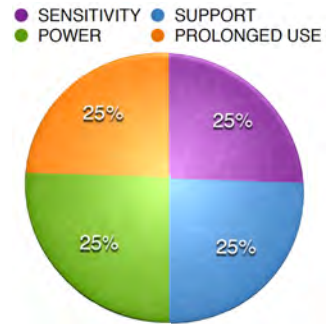


The Chimera is the pinnacle of modern climbing shoe design and innovation. With its vacuum like upper lacing system , TPS insert and 8 panel upper , this shoe is built for climbers tackling the most demanding routes and boulders. The SRT randing system and the hand built heel make the Chimera the perfect choice for toe or heel hooking.....

RECOMMENDED FOR:

Contact , sensitivity and edging

Balance of characteristics



XS Grip 2 hand constructed heel for maximum friction when hooking.

The secret to the incredible suction fit feeling when laced up tight is the two arms which extend from the upper to the laces. This is part of a one piece panel stitched deep in the base of the shoe and gives greater pull power to the lace system. High stretch mesh gusset for easy entry and a large volume adjustment range.

Microfibre and leather combination 8 panel upper with 3/4 bilateral stitch , high rise big toe wrap and offset four toe support stitch for best fit and custom moulding. Split parallel stitched heel for comfort with tension.

Power Connection Band randing allows for excellent natural foot movement and maintains shoe shape and form.

Aggressive , high power focused , knuckled up toe box.

SRT rand technology wraps the whole forefoot in ultra sticky rubber giving unrivalled toe hooking ability.



YELLOW - BLACK - VIVID BLUE

TPS plastic insert with floating big toe pad and four toe grouping for improved sensitivity and support. This thermoshapable insert , positioned under the forefoot , gives better support for the toes when pushing down hard. When smearing it extends out , increasing in surface area for superior grip.

DRAGO

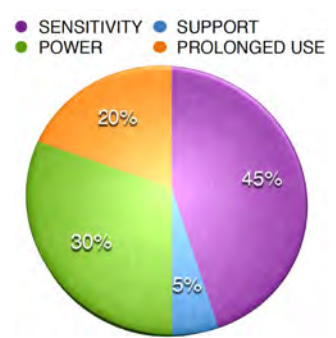
Code:	70017-000		
Upper:	Microfiber		
Last:	FZ	HOOKEO	HIGHLY ASYMMETRIC
Sole:	XS GRIP2 3,5mm		
Sizes:	34 - 45 (with ½ sizes)		
Weight:	205g (½ pair size 40)		



The extended ultra sticky rubber cover on top of the foot makes the Drago a perfect choice for toe hooking. Proven on hard routes, boulders and in competitions worldwide, the Drago has become a favourite amongst modern climbers that seek a soft, adaptive high performance shoe....

RECOMMENDED FOR:
Contact, sensitivity and prehensile foot movements

Balance of characteristics



XS Grip 2 hand constructed heel for maximum friction when hooking.

Single velcro strap attached to a deep stitched Y strap to lock the foot in place and draw the heel from low in the shoe's upper. High stretch mesh gusset for easy entry and a large volume range.

Microfibre and leather combination 7 panel upper with 3/4 bilateral stitch, high rise big toe wrap and offset four toe support stitch for best fit and custom moulding. Split parallel stitched heel for comfort with tension.

Power Connection Band randing allows for excellent natural foot movement and maintains shoe shape and form.

Aggressive, high power focused, knuckled up toe box.

YELLOW

Minimalistic Flexan 1.0mm plastic insert with floating big toe pad and four toe grouping for improved sensitivity and support. Hollow centre for excellent prehensile grabbing and sensitivity with the foot.

SRT rand technology wraps the whole forefoot in ultra sticky rubber giving unrivalled toe hooking ability.



INSTINCT VS

Code:	70013 - 000
Upper:	Microfiber
Last:	FV CURVED
Sole:	XS EDGE 3,5mm ASYMMETRIC
Sizes:	46 - 47 (NO ½ sizes)
Weight:	230g (½ pair size 40)



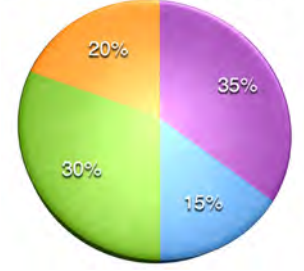
A highly versatile shoe with elaborate and detailed construction the Instinct VS fits and moulds to the foot like no other shoe . The snug fit , powerful toe box and adaptivity makes it perfect tackling almost any foot hold , and especially dominating heel hooks. The Instinct VS boasts 2 different rubber compounds with XS Grip 2 rubber found on the heel and XS Edge rubber under the toes....

RECOMMENDED FOR:

Small edges , smearing and hooking

Balance of characteristics

- SENSITIVITY
- POWER
- SUPPORT
- PROLONGED USE



XS Grip 2 hand constructed heel with rubber side panels make for the best hooking shoe on the market.

Single velcro strap attached to deep stitched Y strap to lock the foot in place and draw the heel from low in the shoe's upper. High stretch mesh gusset combined with elastic in the lower part for a slipper like fit.

Microfibre and leather combination 5 panel upper with full length bilateral stitch , high rise big toe wrap and high rise four toe panel for best fit and supreme custom moulding. The toe pads sit on a seamless bed for excellent sensitivity under the toes. Deep J stitched heel construction assures the best heel fit possible.

Bi-Tension rading system allows the foot to flex more naturally , giving excellent smearing while maintaining enough tension to support the shape of the shoe during extreme edging.

Slightly knuckled up toe box with great power and smearing ability.

BLACK

Flexan 1.0mm plastic insert under the forefoot gives enough support for use on razor edges and slippery smears , providing the perfect balance for varied foot work in a range of angles from slabs to overhangs.



INSTINCT VSR

Code:	70015 - 000
Upper:	Microfiber
Last:	FV CURVED ASYMMETRIC
Sole:	XS GRIP2 3,5mm
Sizes:	34 - 44 (with ½ sizes)
Weight:	230g (½ pair size 40)

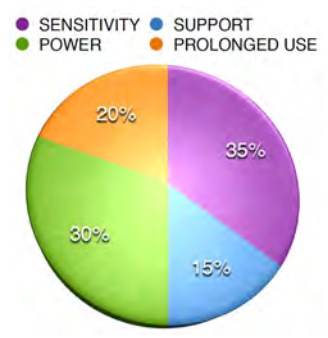


Built with high-end competition in mind , and also excelling on the cliffs , the Instinct VSR is the result of constant R&D and product refinement. The snug fit , powerful toe box and adaptivity makes it perfect tackling almost any foot hold , and especially dominating heel hooks. The softer XS Grip 2 rubber is found on both the heel and toe in this model....

RECOMMENDED FOR:

Small edges , smearing and hooking

Balance of characteristics



Single velcro strap attached to a deep stitched Y strap to lock the foot in place and draw the heel from low in the shoe's upper. High stretch mesh gusset combined with elastic in the lower part for a slipper-like fit.

XS Grip 2 hand constructed heel with rubber side panels make for the best hooking shoe on the market.

Microfibre and leather combination 5 panel upper with full length bilateral stitch , high rise big toe wrap and high rise four toe panel for best fit and supreme custom moulding. The toe pads sit on a seamless bed for excellent sensitivity under the toes. Deep J stitched heel construction assures the best heel fit possible.

Bi-Tension randing system allows the foot to flex more naturally , giving excellent smearing while maintaining enough tension to support the shape of the shoe during extreme edging.

Slightly knuckled up toe box with great power and smearing ability.



BLACK - AZURE

Flexan 1.0mm plastic insert under the forefoot gives enough support for use on razor edges and slippery smears , providing the perfect balance for varied foot work in a range of angles from slabs to overhangs.

A state-of-the-art lace version of our Instinct range and a result also of constant R&D and product refinement. The snug fit, powerful toe box and adaptivity makes it perfect for tackling almost any foot hold, and especially dominating heel hooks. The 3/4 length XS Edge sole and PU cage add stability and offer an outstanding glove-like custom fit....

Code:	70036 - 000
Upper:	Microfiber
Last:	FV
Sole:	XS EDGE 3,5mm
Sizes:	34 - 45 (with ½ sizes)
Weight:	220g (½ pair size 40)

CURVED ASYMMETRIC

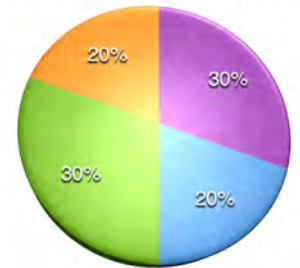


RECOMMENDED FOR:

Small edges, smearing and hooking

Balance of characteristics

● SENSITIVITY ● SUPPORT
● POWER ● PROLONGED USE



XS Grip 2 hand constructed heel with rubber side panels make for the best hooking shoe on the market.

A lace system integrated into the PU cage gives the user the ability to fine tune the fit and lock the foot into the shoe, yielding comfort without pressure points.

Microfibre and leather combination 5 panel upper with full length bilateral stitch, high rise big toe wrap and high rise four toe panel for best fit and supreme custom moulding. The toe pads sit on a seamless bed for excellent sensitivity under the toes. Stretch is controlled with a TPU cage. Deep J stitched heel construction assures the best heel fit possible.

Bi-Tension randing system allows the foot to flex more naturally, giving excellent smearing but still maintaining enough tension to support the shape of the shoe during extreme edging.

BLACK

Slightly knuckled up toe box with great power and smearing ability.

Flexan 1.0mm plastic insert under the forefoot gives enough support for use on razor edges and slippery smears, providing the perfect balance for varied foot work in a range of angles from slabs to overhangs.



Code: 70009 - 000

Upper: Microfiber

Last: FX

HOOKED

HIGHLY ASYMMETRIC

Sole: XS GRIP2 3,5mm

Sizes: 34 - 45 (with ½ sizes)

Weight: 190g (½ pair size 40)



REB
REINFORCED ELASTIC BAND



XS GRIP² 

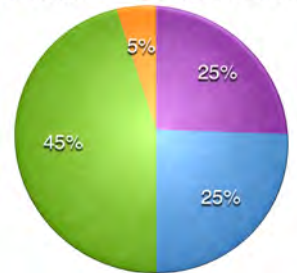
Versatile, asymmetrical slipper with a precise, snug fit, offering excellent performance both on vertical and overhanging terrain. The Stix is unmatched in the market for getting the most out of small foot holds....

RECOMMENDED FOR:

Small foot holds & maximum reach

Balance of characteristics

● SENSITIVITY ● SUPPORT
● POWER ● PROLONGED USE



Flexan 1.0mm plastic heel strip to give more rigid support and maintain tension in the shoe for its life.

REB reinforced elasticated upper to increase the lifespan of the elastic upper and maintain a glove-like fit.

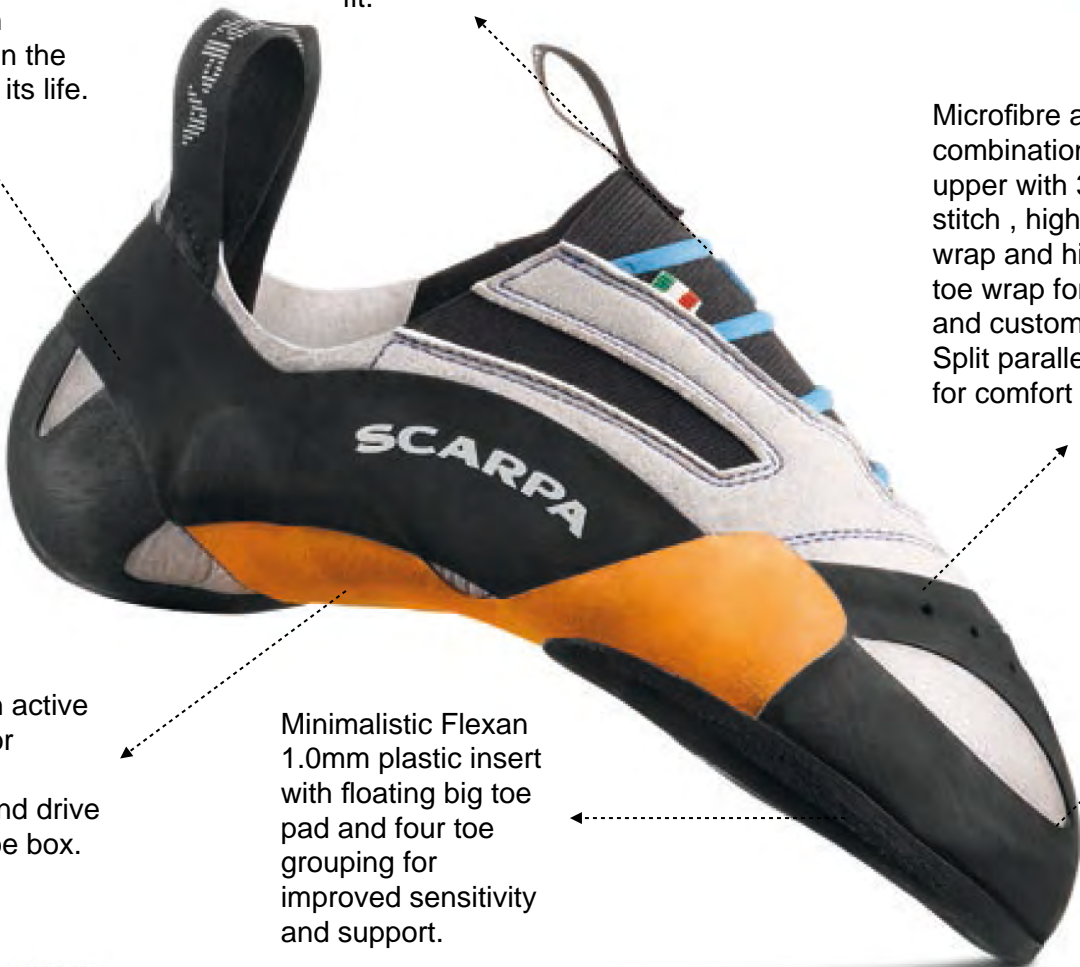
Microfibre and leather combination 5 panel upper with 3/4 bilateral stitch, high rise big toe wrap and high rise four toe wrap for the best fit and custom moulding. Split parallel stitched heel for comfort with tension.

Full knuckled up, power focused toe box

X-Tension active randing for maximum support and drive into the toe box.

Minimalistic Flexan 1.0mm plastic insert with floating big toe pad and four toe grouping for improved sensitivity and support.

SILVER



VAPOR LACES

Code: 70035 - 001

Upper: Microfiber

Last: FR

CURVED

ASYMMETRIC

Sole: XS EDGE 3,5mm

Sizes: 34 - 46 (with ½ sizes)

Weight: 215g (½ pair size 40)



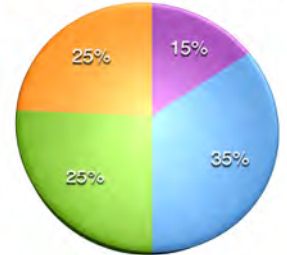
A shoe designed for climbers looking for maximum performance, comfort and versatility. The last is gently curved and slightly asymmetric. The Bi-Tension active randing combines with maximum precision and sensitivity to give a shoe that the most fanatical climbers fall in love with....

RECOMMENDED FOR:

**Edging ,
smearing
and small
pockets**

Balance of characteristics

● SENSITIVITY ● SUPPORT
● POWER ● PROLONGED USE



Full wrap XS Edge heel rubber means the rubber reaches high on the heel for excellent

The padded breathable tongue combined with laces means a perfectly tuned fit with an amazing comfort level.

Microfibre and leather combination 3 panel upper with full length bilateral stitch , low rise big toe wrap and ultra low four toe wrap means the toe pads sit on a seamless bed for supreme sensitivity under the toes. The TPU straps control stretch and reduce hotspots , giving a soft glove-like fit. The J shaped stitched heel adapts perfectly with the subtle tension system. The custom moulding ability of this shoe is unrivalled.

Bi-Tension randing system allows the foot to flex more naturally , giving excellent smearing while maintaining enough tension to support the shape of the shoe during extreme edging.

YELLOW

A more extended toe position in the toe box provides the perfect balance between toe power and smearing ability.

Full sole length Flexan 1.0mm plastic insert gives fantastic support for continued hard use on edges and smears , perfect for intensive , demanding and continuous foot work.



VAPOR LACES WMN

Code: 70035-002

Upper: Microfiber

Last: FRW

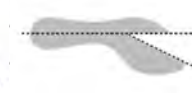
CURVED

ASYMMETRIC

Sole: XS EDGE 3,5mm

Sizes: 34 - 42 (with ½ sizes)

Weight: 210g (½ pair size 38)



A shoe designed for all women looking for maximum performance, comfort and versatility. The last is dedicated to the female foot. The Bi-Tension active randing combines with maximum precision and sensitivity to give a shoe that the most fanatical climbers fall in love with....

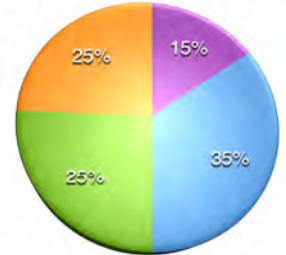
Full wrap XS Edge heel rubber means the rubber reaches high on the heel for excellent hooking.

The padded breathable tongue combined with laces means a perfectly tuned fit with an amazing comfort level.

Edging , smearing and small pockets

Balance of characteristics

● SENSITIVITY ● SUPPORT
● POWER ● PROLONGED USE



Microfibre and leather combination 3 panel upper with full length bilateral stitch , low rise big toe wrap and ultra low four toe wrap means the toe pads sit on a seamless bed for supreme sensitivity under the toes. The TPU straps control stretch and reduce hotspots giving soft glove-like fit. The J shaped stitched heel adapts perfectly with the subtle tension system. The custom moulding ability of this shoe is unrivalled.

A more extended toe position in the toe box provides the perfect balance between toe power and smearing ability.

Bi-Tension randing system allows the foot to flex more naturally , giving excellent smearing while maintaining enough tension to support the shape of the shoe during extreme edging.

MALDIVE

Full sole length Flexan 1.0mm plastic insert gives fantastic support for continued hard use on edges and smears , perfect for intensive , demanding and continuous foot work.



VAPOR V

Code:	70034 - 001
Upper:	1.8mm Suede + Microfiber
Last:	FR CURVED
Sole:	XS EDGE 3,5mm ASYMMETRIC
Sizes:	34 - 46 (with ½ sizes)
Weight:	240g (½ pair size 40)



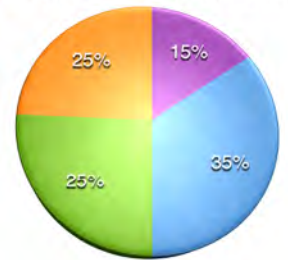
Excellent fit and maximum performance to push the limits of top-level climbing in almost every style. The Vapor is a perfectly blended, slightly asymmetrical, curved last performance shoe. Smearing and edging at its best, the only surprise with the Vapor V is its comfort level....

RECOMMENDED FOR:

Edging, smearing and small pockets

Balance of characteristics

- SENSITIVITY
- SUPPORT
- POWER
- PROLONGED USE



Soft compound heel cap for maximum bite when hooking.

The padded tongue, elasticated gusset and twin strap closure all work together to hold the foot firmly in place and distribute pressure evenly.

Microfibre and leather combination 7 panel upper with full length bilateral stitch, low rise big toe wrap and ultra low four toe wrap means the toe pads sit on a seamless bed for supreme sensitivity under the toes. The J shaped stitched heel adapts perfectly with the subtle tension system. The custom moulding ability of this shoe is unrivalled.

A more extended toe position in the toe box provides the perfect balance between toe power and smearing ability.

Bi-Tension randing system allows the foot to flex more naturally, giving excellent smearing while maintaining enough tension to support the shape of the shoe during extreme edging.

LIME FLUO

Full sole length Flexan 1.0mm plastic insert gives fantastic support for continued hard use on edges and smears, perfect for intensive, demanding and continuous foot work.



Code:	70034 - 002		
Upper:	1.8mm Suede + Microfiber		
Last:	FRW	CURVED	ASYMMETRIC
Sole:	XS EDGE 3,5mm		
Sizes:	34 - 42 (with ½ sizes)		
Weight:	210g (½ pair size 38)		



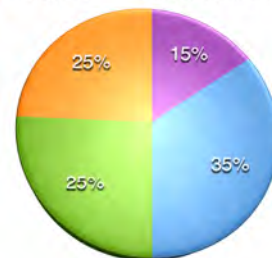
Excellent fit and maximum performance to push the limits of top-level climbing in almost every style. The Vapor V WMN is a perfectly blended, slightly asymmetrical, curved last performance shoe with a more narrow last. Smearing and edging at its best, the only surprise with the Vapor V WMN is its comfort level....

RECOMMENDED FOR:

Edging, smearing and small pockets

Balance of characteristics

● SENSITIVITY ● SUPPORT
● POWER ● PROLONGED USE



Soft compound heel cap for maximum bite when hooking.

The padded tongue, elasticated gusset and twin strap closure all work together to hold the foot firmly in place and distribute pressure evenly.

Microfibre and leather combination 7 panel upper with full length bilateral stitch, low rise big toe wrap and ultra low four toe wrap means the toe pads sit on a seamless bed for supreme sensitivity under the toes. The J shaped stitched heel adapts perfectly with the subtle tension system. The custom moulding ability of this shoe is unrivalled.

A more extended toe position in the toe box provides the perfect balance between toe power and smearing ability.

Bi-Tension randing system allows the foot to flex more naturally, giving excellent smearing while maintaining enough tension to support the shape of the shoe during extreme edging.

TURQUOISE

Full sole length Flexan 1.0mm plastic insert gives fantastic support for continued hard use on edges and smears, perfect for intensive, demanding and continuous foot work.



FORCE V

NEW

Code: 70018 - 001
 Upper: Suede
 Last: FF
 Sole: XS Edge 4.0 mm
 Sizes: 35 - 48 (with ½ sizes)
 Weight:

FLAT

REGULAR



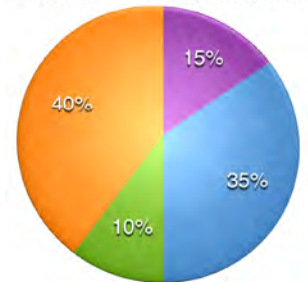
A climbing shoe crafted with the highest quality materials available, fanatical attention to detail and of course hand made in Italy! The Force is perfect combination of a high performance toe with extreme all round comfort. V-Tension active randing with a half sole Flexan insert gives this shoe fantastic sensitivity, precise edging support and outstanding smearing capabilities. Top comfort and technology....

RECOMMENDED FOR:

A variety of foot holds, exceptional smearing

Balance of characteristics

● SENSITIVITY ● SUPPORT
● POWER ● PROLONGED USE



Full wrap XS Edge heel rubber for excellent hooking and heel to toe pressure.

The padded breathable tongue combined with two reverse velcro straps gives a quick and precise fit.

Suede leather combination 2 panel upper with single panel foot bed gives excellent smearing and amazing comfort. The suede leather moulds beautifully to the foot, and reduces odor while the leather foot bed moulds over time to reflect the user's own footprint. The suede above the toes is unstitched to allow it to mould to the toe knuckles. The padded lining gives outstanding long wear comfort.

V-Tension active randing gives the Force V a further edging advantage with the toes pressured forward into the toe box. It also maintains the aggressive shape but allows the full rubber sole to support the rear of the shoe.

MANGROVE - PAPAYA

Half sole length Flexan 1.0mm plastic insert gives great sensitivity and perfect smearing every time. A great balance of support and sensitivity.

An extended toe position in the toe box provides the perfect balance between edging ability, smearing ability and prolonged use.



Code: 70018 - 002

Upper: Suede

Last: ED FLAT REGULAR

Sole: XS Edge 4.0 mm

Sizes: 34½ - 42 (with ½ sizes)

Weight:



A climbing shoe crafted with the highest quality materials available, fanatical attention to detail and of course hand made in Italy! The Force is perfect combination of a high performance toe with extreme all round comfort. The smaller volume ED last is better suited to female climbers. V-Tension active randing with a half sole Flexan insert gives this shoe fantastic sensitivity, precise edging support and outstanding smearing capabilities. Top comfort and technology....

Full wrap XS Edge heel rubber for excellent hooking and heel to toe pressure.

The padded breathable tongue combined with two reverse velcro straps gives a quick and precise fit.

V-Tension active randing gives the Force V a further edging advantage with the toes pressured forward into the toe box. It also maintains the aggressive shape but allows the full rubber sole to support the rear of the shoe.



ICEFALL - MANDARIN RED

Half sole length Flexan 1.0mm plastic insert gives great sensitivity and perfect smearing every time. A great balance of support and sensitivity.

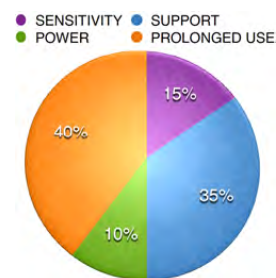
Suede leather combination 2 panel upper with single panel foot bed gives excellent smearing and amazing comfort. The suede leather moulds beautifully to the foot, and reduces odour while the leather foot bed moulds over time to reflect the user's own footprint. The suede above the toes is unstitched to allow it to mould to the toe knuckles. The padded lining gives outstanding long wear comfort.

An extended toe position in the toe box provides the perfect balance between edging ability, smearing ability and prolonged use.

RECOMMENDED FOR:

A variety of foot holds, exceptional smearing

Balance of characteristics



Code:	70005 - 001
Upper:	Suede
Last:	FF
Sole:	XS Edge 3.5 mm
Sizes:	39 - 50 (with ½ sizes)
Weight:	215g (½ pair size 40)

FLAT REGULAR



RECOMMENDED FOR:

*A variety of
foot holds*

Balance of characteristics

● SENSITIVITY ● SUPPORT
● POWER ● PROLONGED USE



Rand rubber used at the heel gives a soft, adaptable heel pocket perfect for extend periods of use.

The padded breathable tongue combined with laces means a perfect tuned fit with an amazing comfort level.

Suede leather combination 2 panel upper with single panel foot bed gives excellent smearing and amazing comfort. The suede leather moulds beautifully to the foot, and reduces odour while the leather foot bed moulds over time to reflect the user's own footprint. The suede above the toes is unstitched to allow it to mould to the toe knuckles, the upper around the lace system is stitched to control the overall stretch of the shoe with a special expandable stitch pattern for volume adjustment over time.

An extended toe position in the toe box provides the perfect balance between edging ability, smearing ability and prolonged use.

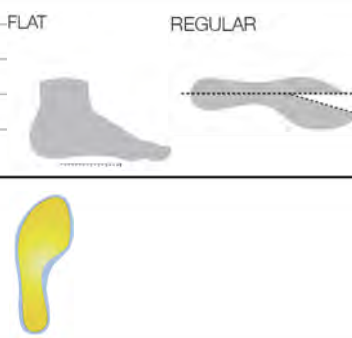


HYPER BLUE

Full sole length Flexan 1.0mm plastic insert gives fantastic support for continued hard use on edges and smears, perfect for intensive, demanding and continuous foot work.

HELIX WMN

Code:	70005 - 002
Upper:	Suede
Last:	ED
Sole:	XS Edge 3.5 mm
Sizes:	34½ - 42 (with ½ sizes)
Weight:	200g (½ pair size 38)

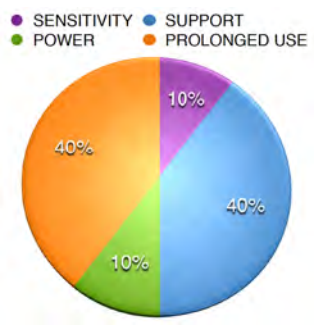


A climbing shoe crafted with the highest quality materials available , a fanatical attention to detail and of course hand made in Italy! Built with prolonged use in mind , the Helix is a shoe which offers amazing comfort and adaptability that is sought after by experts and beginners alike. It's full length Flexan sole , XS Edge rubber , suede and leather upper makes it an ideal choice for both long routes and gym use....

RECOMMENDED FOR:

A variety of foot holds

Balance of characteristics



Rand rubber used at the heel gives a soft , adaptable heel pocket perfect for extend periods of use.

The padded breathable tongue combined with laces means a perfectly tuned fit with an amazing comfort level.

Suede leather combination 2 panel upper with single panel foot bed gives excellent smearing and amazing comfort. The suede leather moulds beautifully to the foot , and reduces odour while the leather foot bed moulds over time to reflect the users own footprint. The suede above the toes is unstitched to allow it to mould to the toe knuckles , the upper around the lace system is stitched to control the overall stretch of the shoe with a special expandable stitch pattern for volume adjustment over time.

An extended toe position in the toe box provides the perfect balance between edging ability , smearing ability and prolonged use.



MANDARIN RED

Full sole length Flexan 1.0mm plastic insert gives fantastic support for continued hard use on edges and smears , perfect for intensive , demanding and continuous foot work.