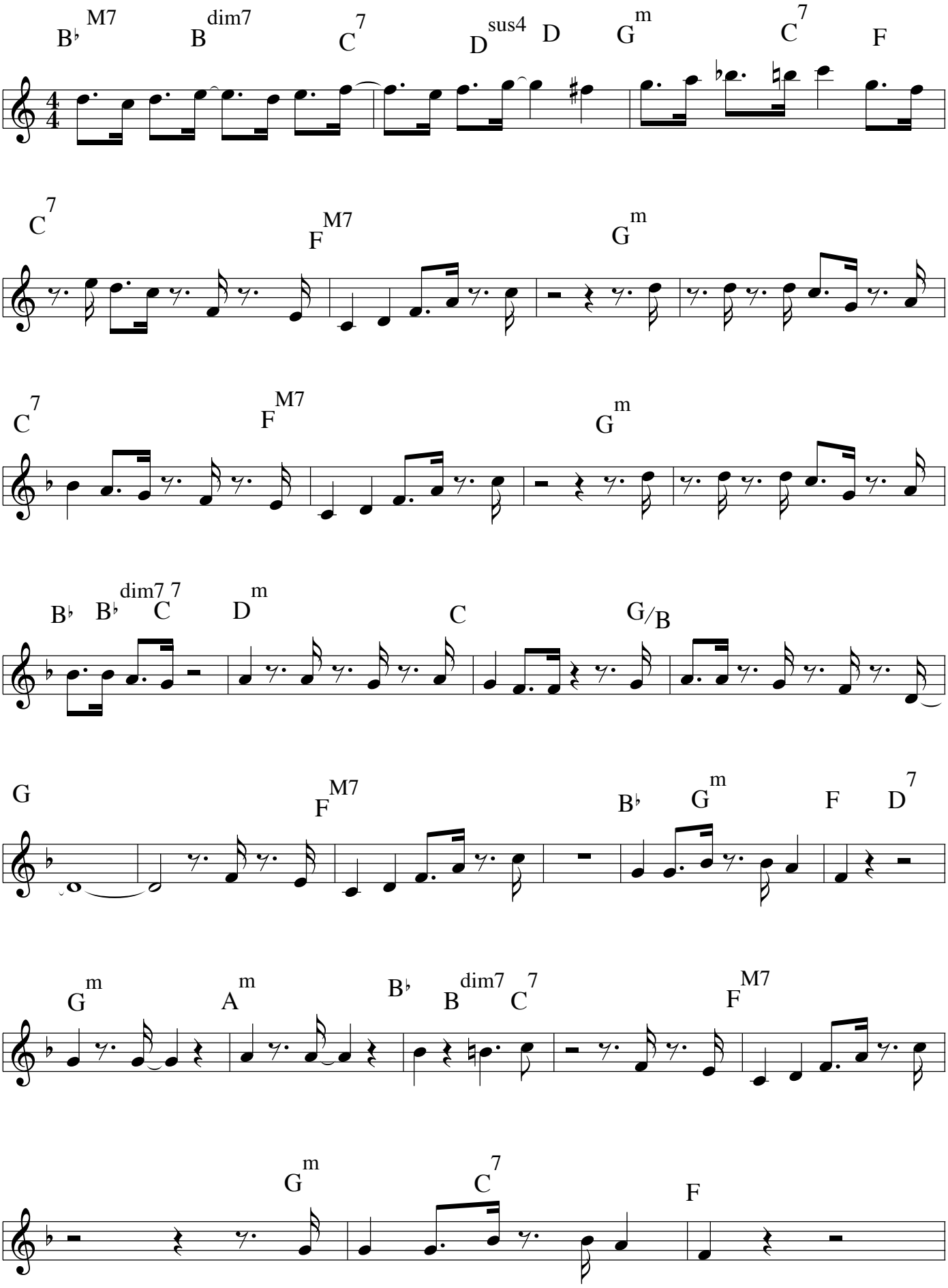180 Medium Swing