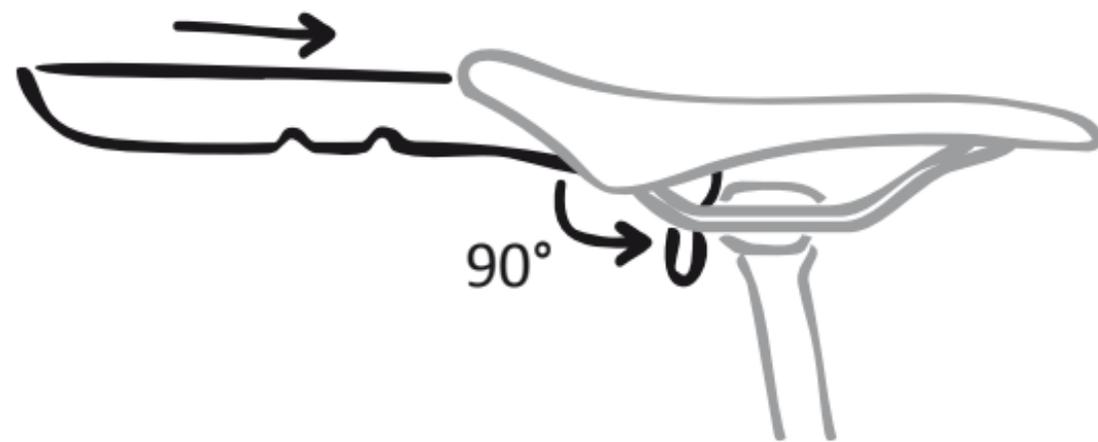


2x knicken

fold 2 times



einschieben und verspannen

push and tense