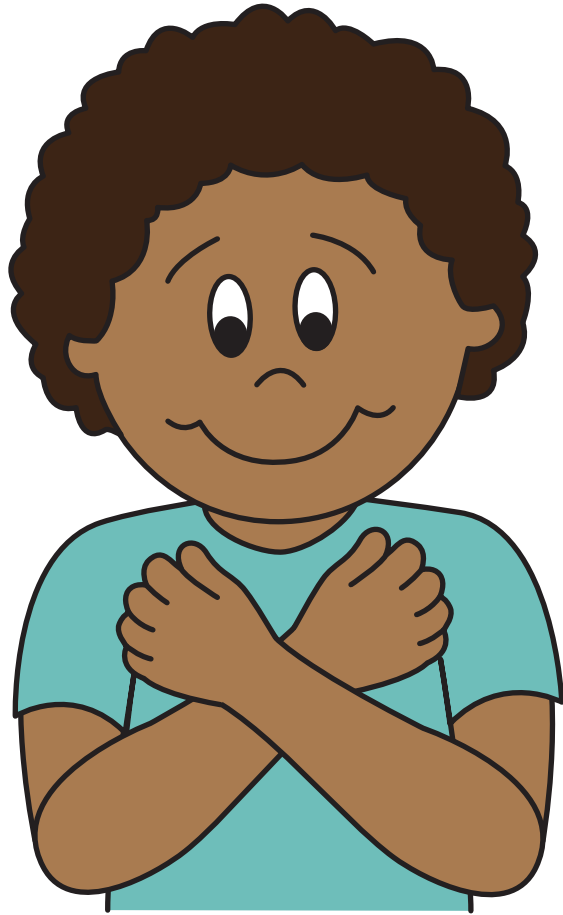
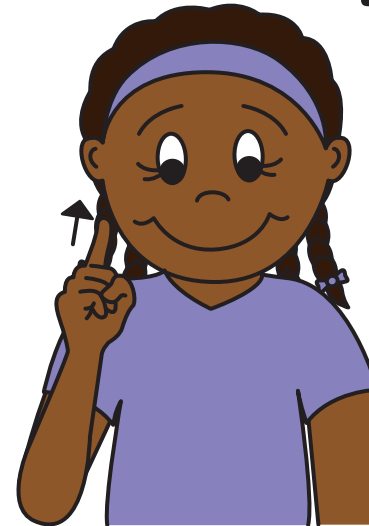


hug



Make two fists; cross arms over chest and shrug shoulders.

up



Point upward.

down



Point downward.