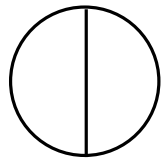


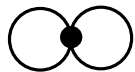
# Frame circuits



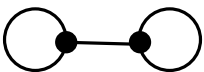
Balanced circle



Contrabalanced  $\theta$  graph  
(no balanced circle)



Contrabalanced tight handcuff,  
tight bracelet, figure eight

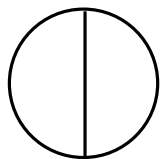


Contrabalanced loose handcuff

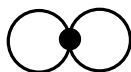
# Lift circuits



Balanced circle



Contrabalanced  $\theta$  graph  
(no balanced circle)



Contrabalanced tight handcuff,  
tight bracelet, figure eight



Contrabalanced loose bracelets