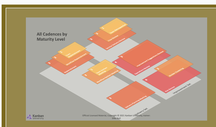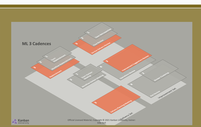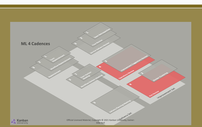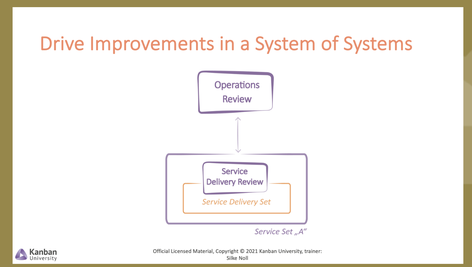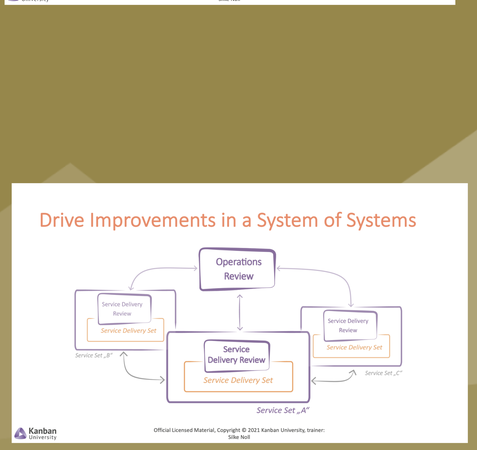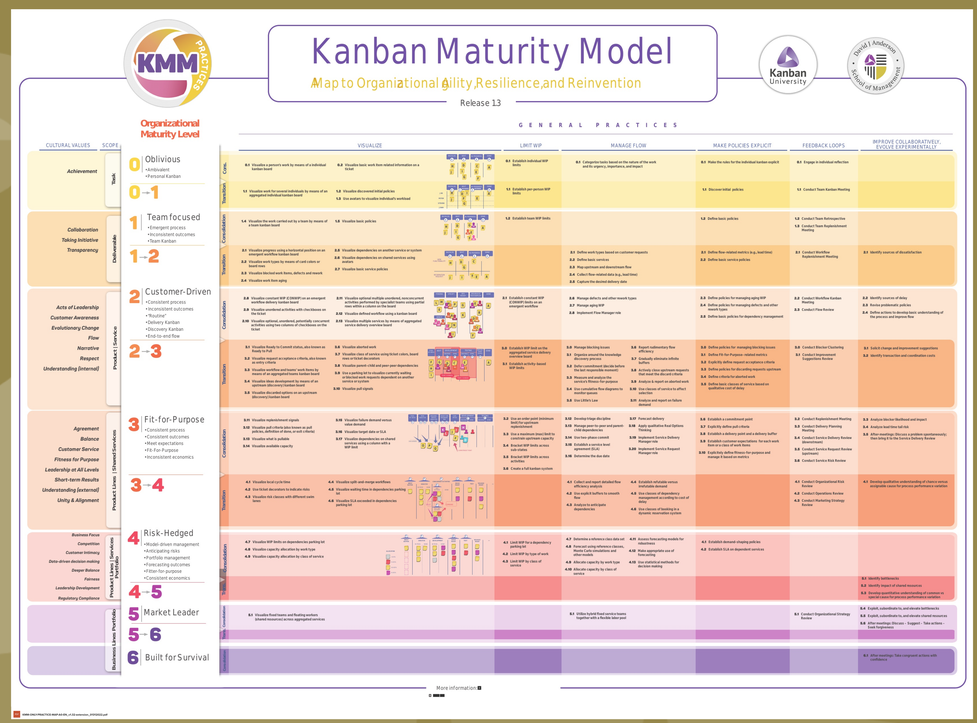Collect elements from the different cadences you would like to use or introduce when creating your own cadences