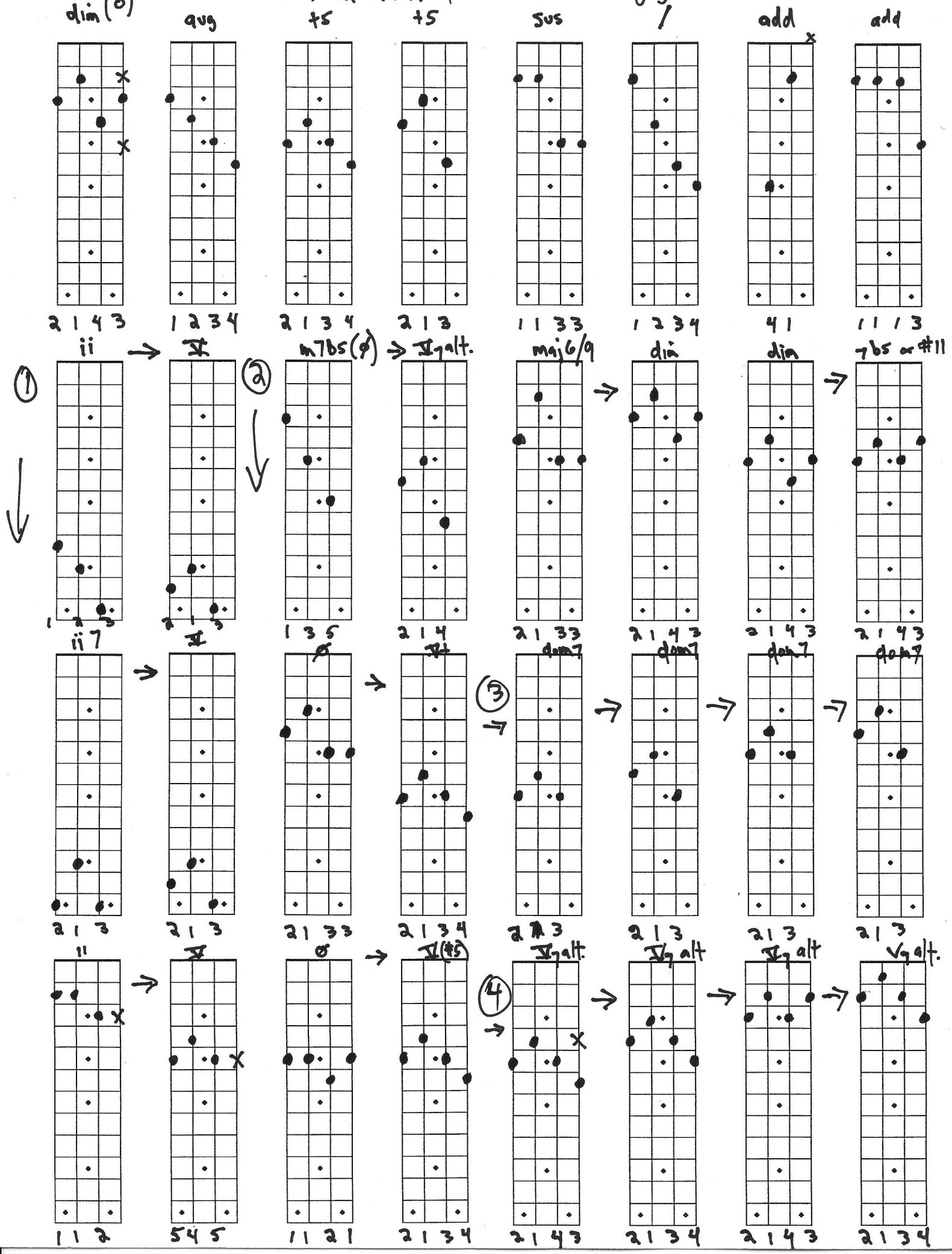Altered dominants and ii-V changing excersises