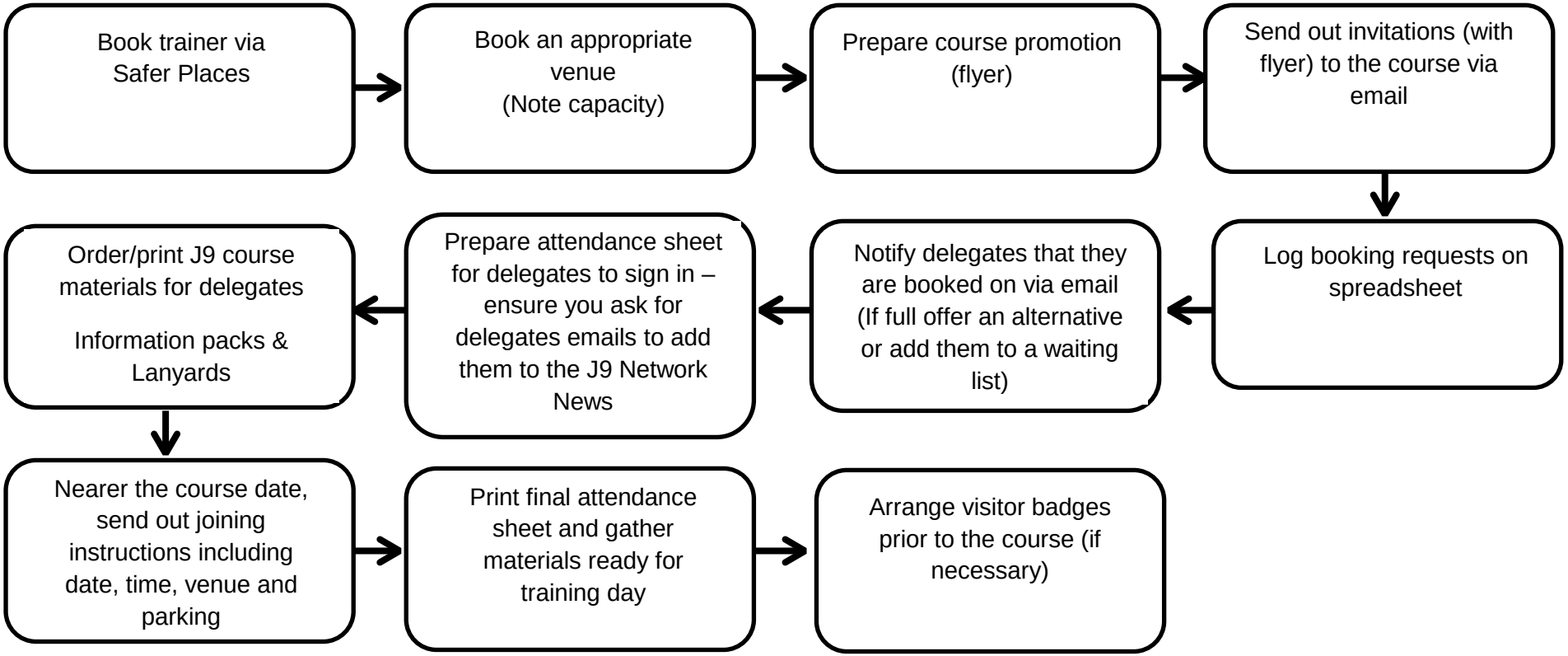J9 Training Course Procedure
Before the course