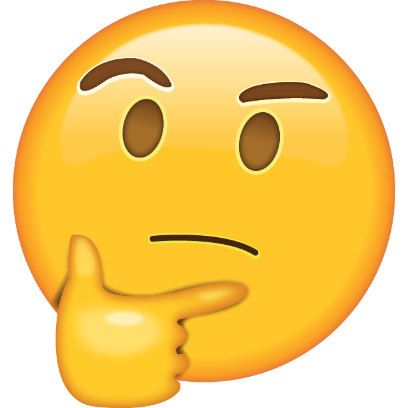
I understand the skill and can explain it to others.

I understand the skill and can work independently.

I understand the skill with help.

I don’t understand the skill, YET.