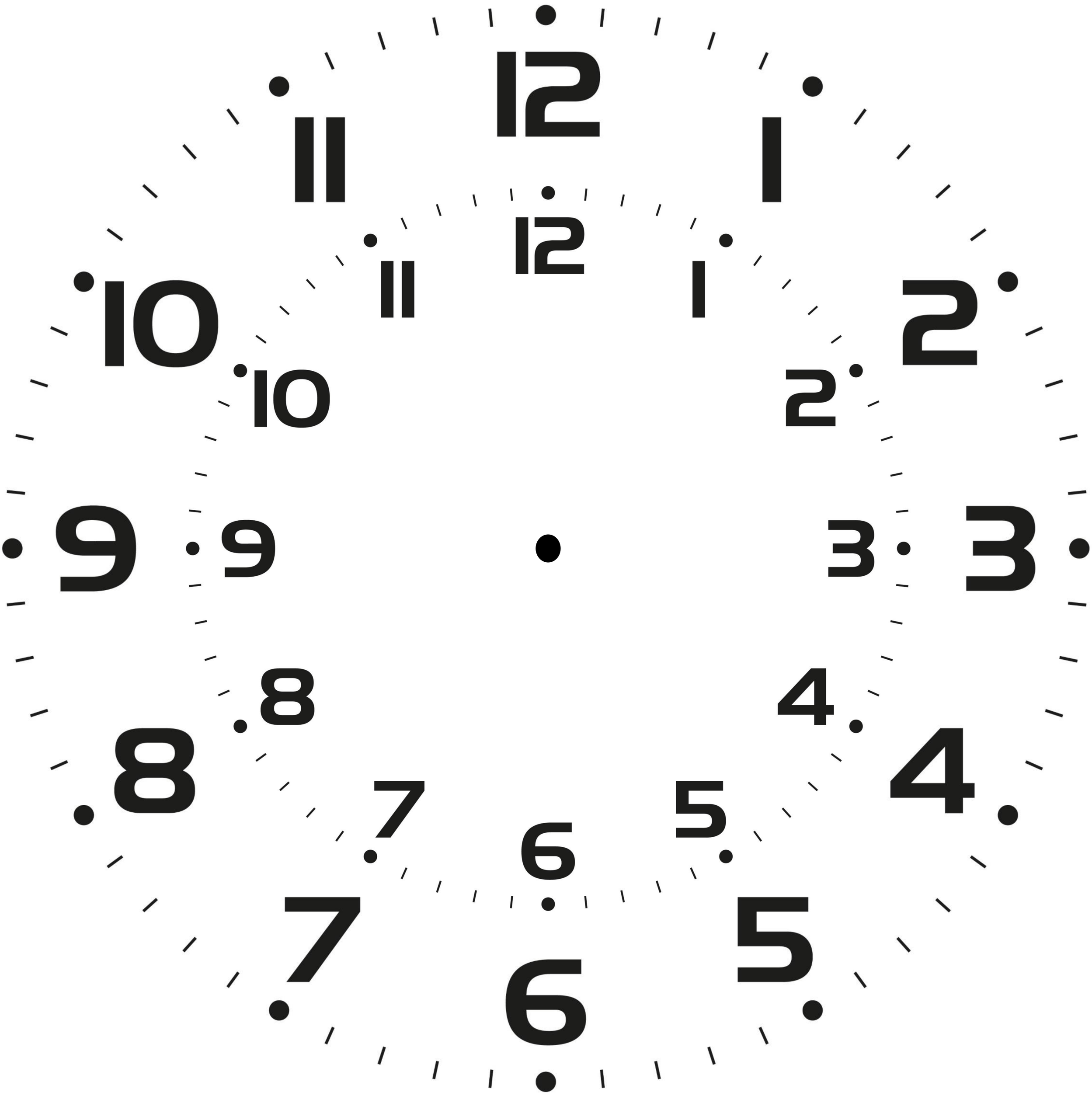CCJ Instability Institute-CCI Exercises