

The presentation slide is divided into two main sections. The top section, titled '활성 연결' (Active Connections), displays the output of the 'netstat' command, showing various TCP connection states. A callout box explains that the client's state is 'CLOSE_WAIT' because it has received a FIN from the server but hasn't yet sent its own. The bottom section, titled '2) TCP 프로토콜의 Header 구조' (2) TCP Protocol Header Structure), shows a diagram of the TCP header fields, including 'URG: urgent data', 'ACK: ACK# valid', 'PSH: push data now', 'Source port', 'dest port', 'Sequence number', and 'Acknowledgment number'. A hand-drawn diagram on the right side of the slide illustrates the 4-way handshake process between a client (C) and a server (S). The process starts with a 'C' and an 'S' at the top. A blue arrow labeled 'FIN' goes from C to S. A blue arrow labeled 'ACK' goes from S to C. A blue arrow labeled 'FIN' goes from S to C. A blue arrow labeled 'ACK' goes from C to S. The diagram is labeled '4 way h' and 'close wait'.

활성 연결

프로토콜 로컬 주소 외부 주소

TCP 연결을 확립한 상태이다.

클라이언트가 TCP 연결을 요청한 상태이다.

▲ netstat 명령을 사용해서 TCP 프로토콜 상태 확인

(2) TCP 프로토콜의 Header 구조

Header

URG: urgent data (generally not used)

ACK: ACK# valid

PSH: push data now

32bits

Source port

dest port

Sequence number

Acknowledgment number

Counting by bytes of data (not segment)

신뢰성 있는 전송, 에러 제

4 way h

C S

FIN

ACK

FIN

ACK

close wait

내용

close

A blue button with a white download icon (a square with a downward arrow) and the word "Download" in white text.

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consider the ideal. In fact, our posture while standing varies, it is normal for it to be the result of hundreds of muscular forces acting in a particular direction in space, producing relative motion between different segments of the body. Anatomy Trains instructs posture with the understanding that the performance of posture (and movement) is the result of harmonized changes in the myofascial system and that these changes are produced by the activation of the muscular system \[[@CR1], [@CR2]\]. When the muscular system is unbalanced, or poorly activated, our posture will not function in a dynamic and efficient manner, and we will not be as able to move effectively. This is why the key to postural health is myofascial health---the health of the muscle structure and the fascial system that controls it. The musculature of the body is designed to do one thing---to move a structure, or body part, through a defined range of motion. If we imagine a structure to be a bucket of water we can hold in our hand, and the water in the bucket to represent muscle, then the bucket holds the water and directs it where it is to go. If we then imagine the hand, which can do almost anything, to be the one that moves the bucket, we can see how the hand is the most important part of the bucket, as it can change the shape of the water (i.e., the muscles). Imagine, however, that the hand is very inefficient. Perhaps the muscles are weak, or lack coordination, or the fingers are stiff and do not move easily. We would not be able to use the hand to direct the bucket efficiently, and we might not be able to use it to move the bucket in any way. The same would be true of any part of the body, if it is uncoordinated or poorly activated, it will not function as it is meant to. There is the possibility that certain muscles will remain inactive or underused, but this is simply a matter of the brain not being aware of which muscles need to be activated to achieve certain tasks. Muscle weakness is a type of unconsciousness. The challenge of the

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