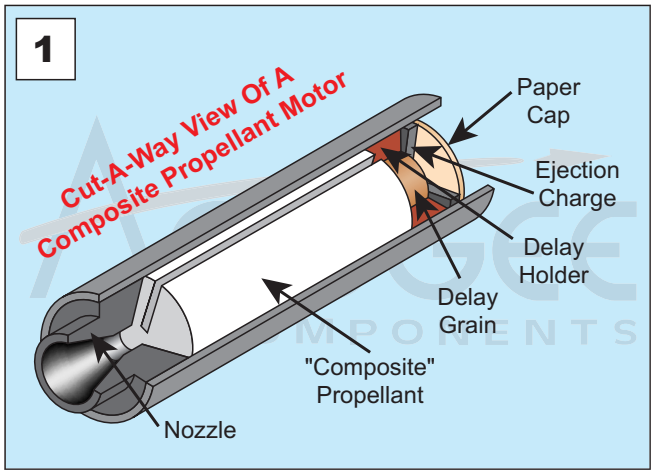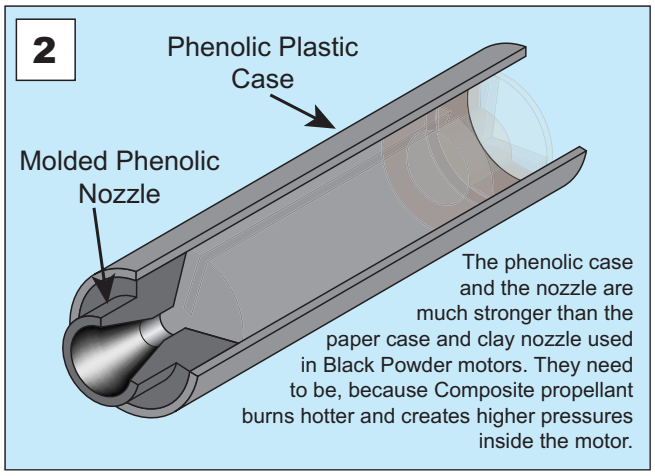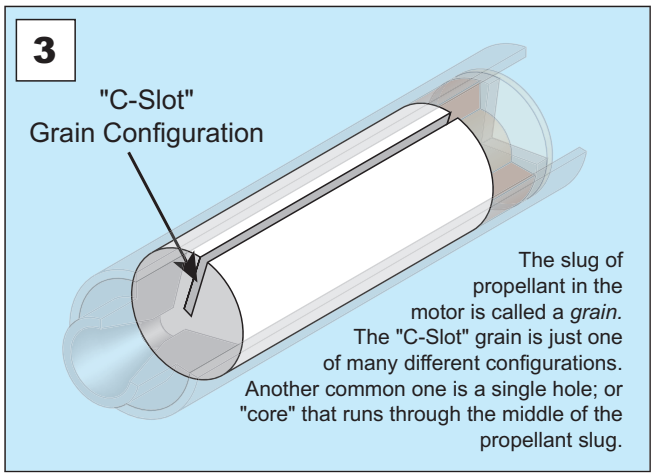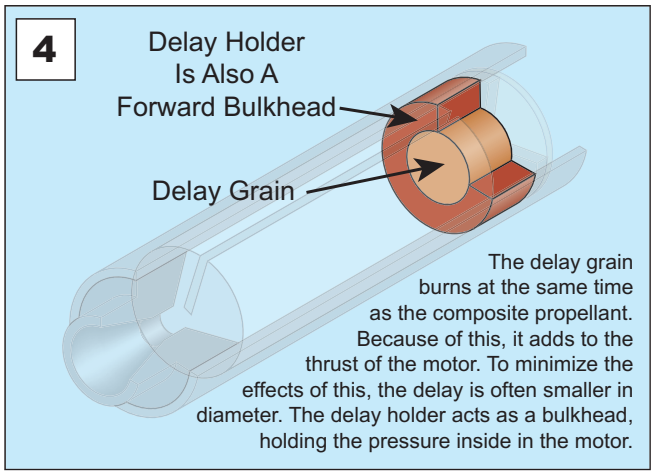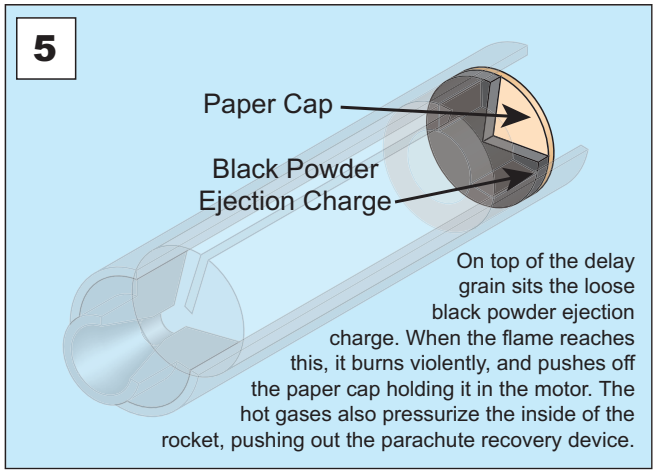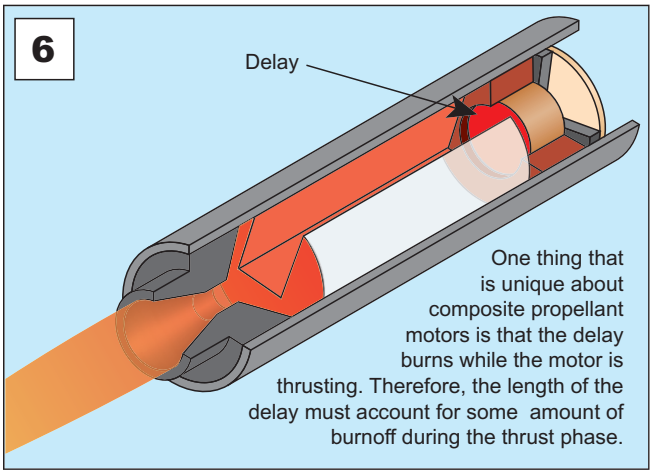How Composite Propellant Rocket Motors Work