Figure 1 below schematically shows the two mining methods.
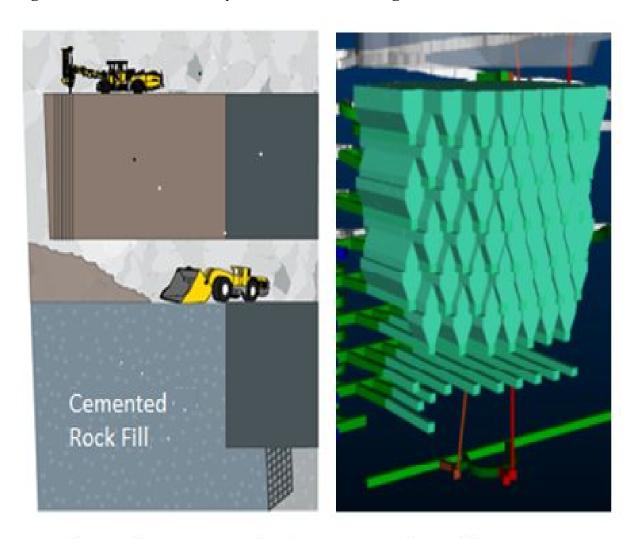

Blast Hole Stoping with Fill   Sub Level Retreat