

Be ready at A.

- 1. Lope right lead 3/4 the way to B.
- Walk with FORWARD motion to B (crawling will be a minus maneuver). Stop.
- 3. Back approximately 5 steps
- 4. Perform a 270 degree turn left
- 5. Lope left lead in a half circle to the top of B.
- 6. Extended jog at least 6 strides. Pattern is complete.

Walk	
Jog	
nded Jog ———	
Lope	
l Change	_
Back ◀====	
Marker (B)	