



Open and close right hand rope gate  
 Walk over poles  
 Turn around cone and walk back over poles  
 Jog over poles  
 Jog around to chute  
 Walk into the chute and stop  
 Back straight out of chute  
 Back up between the poles  
 Jog out of chute to exit

.....	WALK
----	JOG
----	EXTENDED JOG
----	LOPE
—X—	CHANGE OF LEAD
←←←←←	BACK
⊥	STOP
⤿	TURN