



1. Participant stands ready at a halt at Cone A. Start video, after 3-5 seconds announce participant and participant begins step 2.
2. Walk from Cone A to Cone B.
3. At Cone B walk a circle to the left around Cone B.
4. Continue at a walk from Cone B to Cone C.
5. Halt at Cone C. Back 4 steps.
6. Walk forward and proceed to rail to the right. Perform a walk on the rail both directions including one reverse at the walk. Walk ~15 seconds both directions. Halt along rail after all gaits are shown. Video ends 6-8 seconds after halt.

- * Distance between Cones A and B approx. 30 feet
- * Distance between Cones B and C approx. 50 feet.
- * Cones may be labeled with letters.
- * Pattern may be called. No coaching allowed.
- * Video should be one continuous take.