



1. Participant stands ready at a halt at Cone A. Start video, after 3-5 seconds announce participant, then participant begins step 2.
2. Walk from Cone A to Cone B.
3. At Cone B halt for 3 seconds. Continue to walk to Cone C.
4. At Cone C circle to the right as shown at a walk.
5. At Cone C continue to walk to Cone D.
6. Halt at Cone D. Back 4 steps.
7. Walk forward and proceed to rail to right. Perform a walk on the rail both directions with a reverse at the walk. Walk ~10 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. 20 feet
- * Distance between Cones B and C approx. 10 feet
- * Distance between Cones C and D approx. 20 feet.
- * Cones may be labeled with letters.
- * Pattern may be called. No coaching allowed.
- * Video should be one continuous take.