



1. Begin video as participant walks toward Cone A as shown. Do not halt at A. Be sure that walk to A is ~ 5 seconds long.
 2. Walk from Cone A to Cone B.
 3. Turn left around Cone B.
 4. Extended walk from Cone B toward Cone C as shown.
 5. Return to working walk at Cone C. Turn right around Cone C in working walk.
 6. Continue working walk from Cone C to Cone D.
 7. Halt at Cone D. Back 4 steps.
 8. Walk forward and proceed to rail. Perform a walk and extended walk on the rail both directions including one reverse at the walk. Walk ~10-15 seconds, and extended walk ~ 10 sec, both directions. Halt along rail after all gaits are shown. Video ends 8-10 seconds after halt.
- * Distances between Cones A to B, B to C, and C to D should be 30-40 feet. Cones may be labeled with letters.
- *Pattern may be called. No coaching allowed.
- *Video should be one continuous take.

