



1. Be ready at a halt at Cone A. (Start video when participant is ready at A. After 3-5 seconds participant begins step 2.)
  2. Walk to cone B, and circle Cone B to the left.
  3. Return to Cone A at the walk.
  4. Halt at Cone A and back 4 steps.
  5. Walk forward and proceed to rail. Perform a walk on the rail both directions including one reverse at the walk. Walk ~10-15 seconds both directions. Halt along rail after all gaits are shown. Video ends 8-10 seconds after halt.
- \*Cone A and B to be set approximately 40-50 feet apart.  
Cones may be labeled with letters.  
\*Pattern may be called. No coaching allowed.  
\*Video should be one continuous take.