



1. Participant starts at a halt facing left wall of arena where "Start Here" is indicated. Participant begins pattern 3-5 seconds after video begins.
 2. From the starting point begin pattern at a walk to left side of arena.
 3. Walk over logs.
 4. Walk toward center of long side, then turn right toward center of arena.
 5. Halt in center of arena for 3-5 seconds. Continue at a walk and turn left.
 6. Continue at a walk around corner then extend the walk along short side of arena.
 7. Return to working walk before corner and walk toward center of long side.
 8. Before turning toward center of arena pick up jog. Turn toward center and jog across center of arena. Turn right at a jog.
 9. Walk as shown and continue around corner of arena.
 10. After corner, halt and back 4 steps. Walk forward to center of short side of arena and halt. (Video ends 8-10 seconds after halt.)
- *Use approximately 2/3 arena space for pattern. Logs are set approximately 3 feet apart.

Start here

End here

x x x x