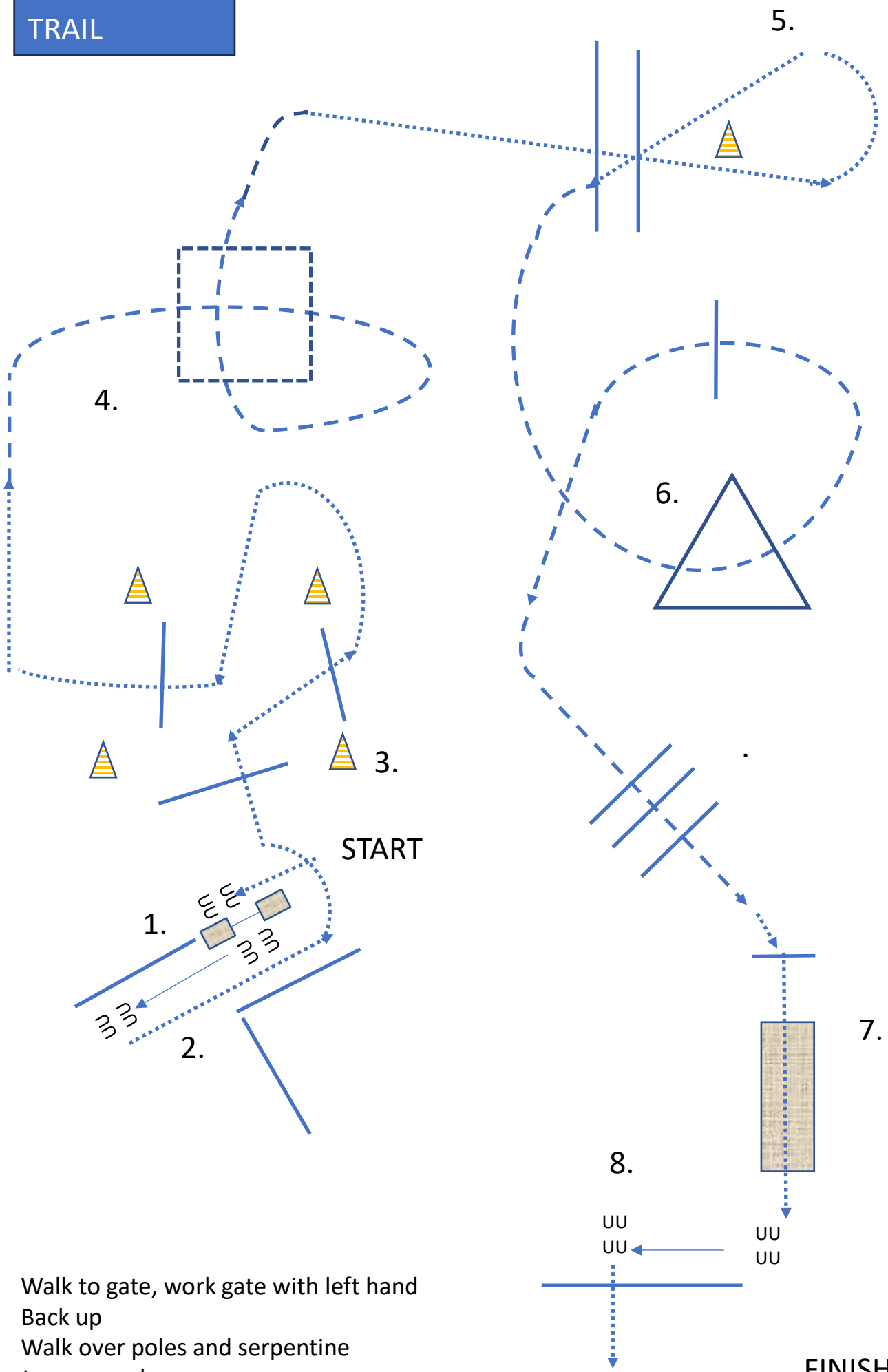


IN HAND TRAIL



1. Walk to gate, work gate with left hand
2. Back up
3. Walk over poles and serpentine
4. Jog over poles
5. Walk over poles
6. Jog over poles
7. Break to a walk or stop, walk over poles and bridge (no stride rule)
8. Sidepass right, walk over

SK