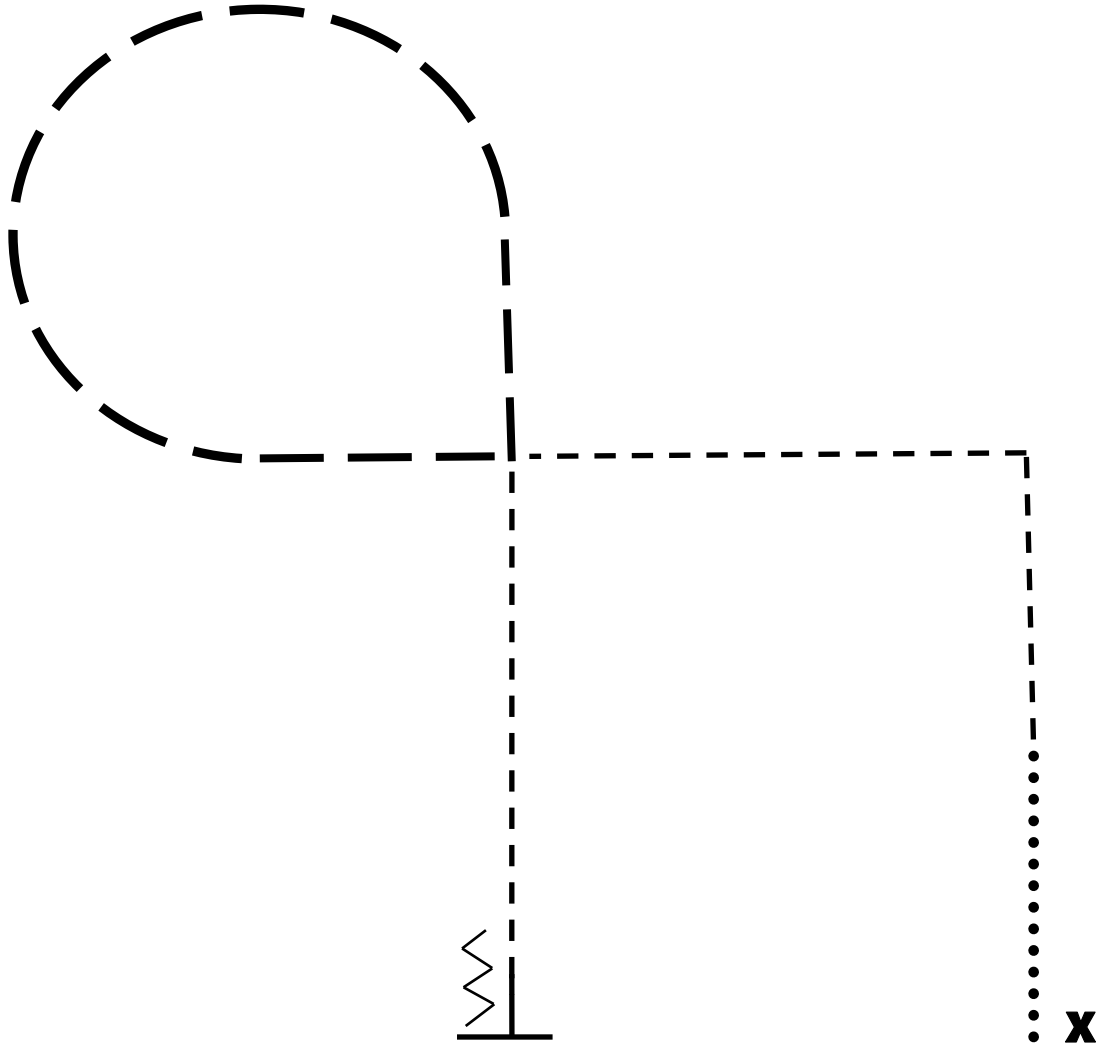




# Beginner J



- Walk to marker
1. Walk halfway to corner then jog
  2. Turn left and continue to center
  3. Extend the jog for 3/4 of a circle to the right
  4. In center collect to jog and jog until even with marker
  5. Stop, back and return to lineup

Walk .....  
 Jog - - - - -  
 Extended Jog — — — — —  
 Lope \_\_\_\_\_  
 Extended Lope —————  
 Halt ———|  
 Cone **X**  
 Back Up √√√