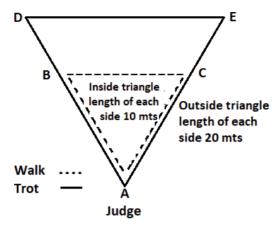


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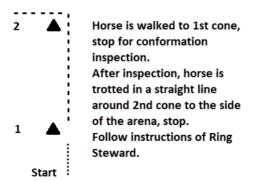
SECTION SIX (6) PATTERNS

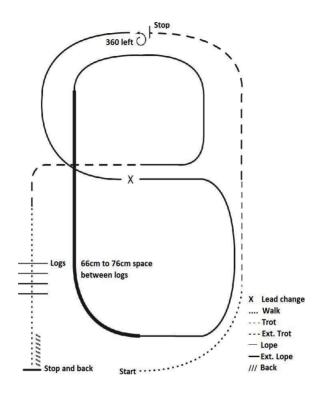
HUNTER IN HAND



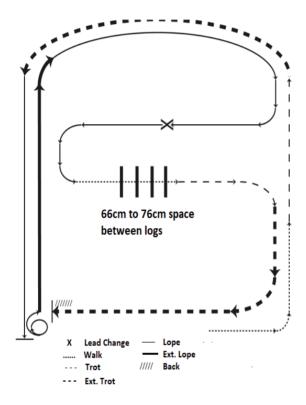
The horse will approach judging area (A) and set up for inspection in the "open" position. (all four legs of the horse visible by the Judge standing on either side of the horse). The Judge shall inspect each horse from the front, rear and both sides. At Judges request the horse will walk the small triangle ABCA. The horse will continue at a trot following the large triangle ADEA. At completion of the judging, the handler will lead the horse away from the judging area promptly.

LUNGE LINE

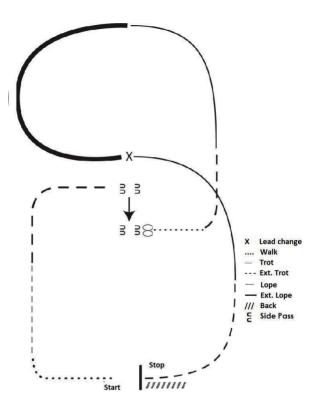




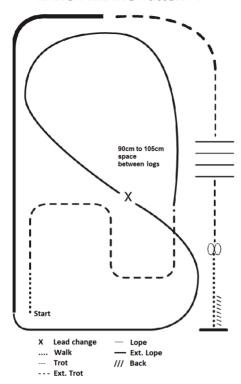
- 1. Walk
- 2. Trot
- 3. Extend the trot, at the top of arena, stop
- 4. 360° turn to the left
- 5. Left lead ½ circle, lope to centre
- 6. Change leads (simple or flying)
- 7. Right lead ½ circle
- **8.** Extended lope up the long side of the arena (right lead)
- **9.** Collect back to a lope around the top of the arena and back to centre
- 10. Break down to an extended trot
- 11. Walk over logs
- 12.Stop and Back



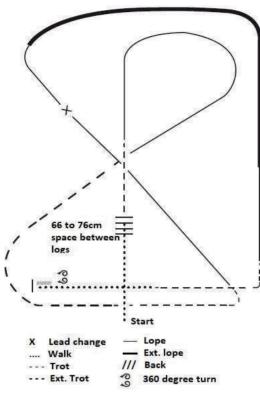
- 1. Walk
- 2. Trot
- 3. Extended Trot
- 4. Left lead lope
- 5. Stop. 1½ turn right
- 6. Extended lope
- 7. Collect to working lope, right lead
- 8. Change leads (simple or flying)
- 9. Walk
- 10. Walk over logs
- 11. Trot
- 12. Extended trot
- 13. Stop and back



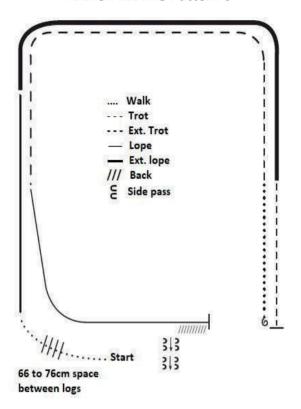
- 1. Walk to the left around corner of the arena
- 2. Trot
- **3.** Extend alongside of the arena and around the corner to centre
- 4. Stop, side pass right
- 5. 360° turn each direction (either way first)
- 6. Walk
- 7. Trot
- 8. Lope left lead
- 9. Extend the lope
- 10. Change leads (simple or flying)
- 11.Collect to the lope
- 12.Extend trot
- 13. Stop and back



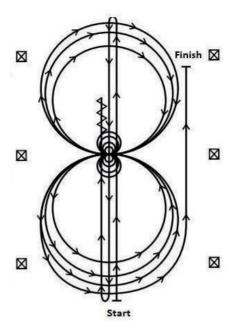
- 1. Walk
- 2. Trot serpentine
- **3.** Lope left lead around the end of the arena and then diagonally across the arena
- 4. Change leads (simple or flying) and
- 5. Lope on right lead around end of arena
- **6.** Extend lope on the straight away and around corner to the centre of the arena
- 7. Extend trot around corner of arena
- 8. Collect to a trot
- 9. Trot over logs
- **10.**Stop, perform 360° turn each direction (either direction first)
- 11. Walk, stop and back



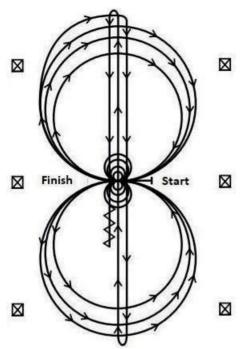
- 1. Walk
- 2. Walk over logs
- 3. Trot
- 4. Lope right lead
- 5. Extended trot
- 6. Trot
- 7. Lope left lead
- 8. Change leads (simple or flying)
- 9. Right lead, extended lope
- 10.Collect lope
- **11.**Trot
- 12.Walk
- 13. Stop and back
- **14.** 360° turn each direction (either direction first) (L-R or R-L)



- 1. Walk
- 2. Walk over logs
- 3. Lope right lead
- 4. Extended lope right lead
- 5. Trot
- 6. Stop, 11/2 turns right
- 7. Walk
- 8. Trot
- 9. Extended trot
- **10.** Lope left lead
- 11. Stop and back
- 12. Side pass right



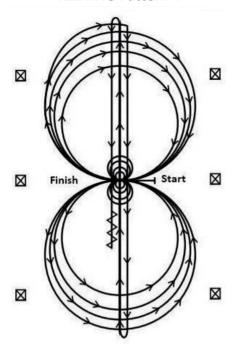
- 1. Run at speed to the far end of the arena past the end marker and do a left rollback no hesitation
- **2.** Run to the opposite end of the arena past end marker and do a right rollback no hesitation
- **3.** Run past centre marker and do a sliding stop. Back up to centre of arena or at least 3 m. Hesitate
- 4. Complete four (4) spins to the right. Hesitate
- 5. Complete 4¼ spins to the left so that horse is facing left wall. Hesitate
- **6.** Beginning on left lead, complete three (3) circles to the left, first large and fast, second small and slow, third large and fast. Change leads at centre of arena
- 7. Complete three (3) circles to the right, first large and fast, second small and slow, third large and fast. Change leads at centre of arena
- 8. Begin a large circle to the left but do not close the circle. Run straight up the right side of arena past centre marker and do a sliding stop at least 6 m from wall. Hesitate to demonstrate completion of pattern



Horses may walk or jog to centre of arena. Horses must walk or stop prior to starting pattern. Begin at the centre of the arena facing the left wall.

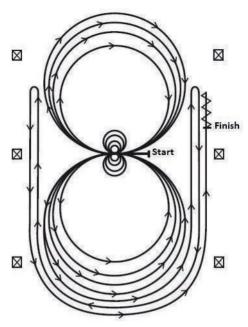
- Beginning on right lead, complete three (3) circles to the right; first small and slow, the next two (2) large and fast. Change leads at centre of arena
- 2. Complete three (3) circles to the left; first small and slow, the next two (2) large and fast. Change leads at centre of arena
- 3. Continue around previous circle to the right. At top of the circle, run down the middle to the far end of the arena past end marker and do a right rollback – no hesitation
- **4.** Run up middle to the opposite end of arena past the end marker and do a left rollback no hesitation
- 5. Run past the centre marker and do a sliding stop. Back up to the centre of the arena or at least 3 m. Hesitate
- 6. Complete four (4) spins to the right. Hesitate
- **7.** Complete four (4) spins to the left. Hesitate to demonstrate completion of pattern

- Beginning, lope straight up left side of arena, circle the top end of arena, and staying at least 6 m from walls, runs straight down the opposite or right side of arena past centre marker and do a left rollback – no hesitation
- 2. Continue straight up the right side of arena, circle back around top of arena and staying at least 6 m from wall run straight down left side of arena past centre marker and do a right rollback no hesitation
- 3. Continue up left side of arena to centre marker. At centre marker the horse should be on the right lead. Guide horse to the centre of arena on right lead and complete three (3) circles to the right: first two large and fast, third small and slow. Change leads at centre of arena
- 4. Complete three (3) circles to the left: first two circles large and fast, third small and slow. Change leads in centre of arena
- 5. Begin a large circle to the right but do not close this circle Continue up left side of arena, circle top of arena and staying at least 6 m from walls, run straight down the opposite or right side of arena past centre marker and do a sliding stop. Back up at least 3 m. Hesitate
- **6.** Complete four (4) spins to the right. Hesitate
- 7. Complete four (4) spins to the left. Hesitate to demonstrate completion of pattern



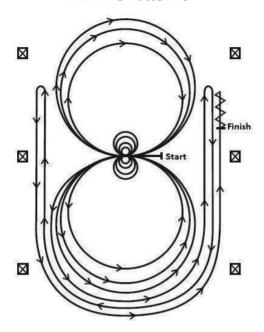
Horse may walk or jog to centre of arena. Horses must walk or stop prior to starting pattern. Begin at centre of arena facing left wall.

- Beginning on right lead, complete three (3) circles to the right: first two large and fast, third small and slow. Stop at centre of arena. Hesitate
- 2. Complete four (4) spins to the right. Hesitate
- Beginning on left lead, complete three (3) circles to the left; first two large and fast, third small and slow. Stop at centre of arena. Hesitate
- 4. Complete four (4) spins to the left. Hesitate
- 5. Beginning on right lead, run a large fast circle to the right, change leads at centre of arena, run a large fast circle to the left and change leads at centre of arena. (figure 8)
- 6. Continue around previous circle to the right. At top of circle, run down the middle to the far end of arena past end marker and do a right rollback – no hesitation
- 7. Run up middle to the opposite end of arena past the end marker and do a left rollback no hesitation
- 8. Run past centre marker and do a sliding stop. Back up to centre of arena or at least 3m. Hesitate to demonstrate completion of pattern



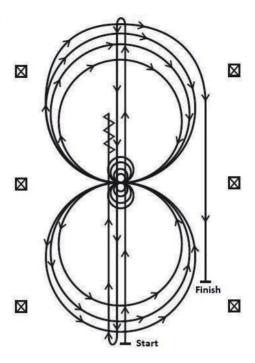
Horses may walk or jog to centre of arena. Horses must walk or stop prior to starting pattern. Begin at centre of arena facing left wall.

- Beginning on left lead, complete three (3) circles to the left: first two large and fast, third small and slow. Stop at centre of arena. Hesitate
- 2. Complete four (4) spins to the left. Hesitate
- **3.** Beginning on right lead, complete three (3) circles to the right: first two large and fast, third small and slow. Hesitate
- 4. Complete four (4) spins to the right. Hesitate
- 5. Beginning on left lead, run a large fast circle to the left, change leads at centre of arena, run a large fast circle to the right, change leads at centre of arena. (figure 8)
- 6. Continue around previous circle to the left but do not close this circle. Run up right side of arena past centre marker and do a right rollback at least 6 m from wall no hesitation
- 7. Continue around previous circle but do not close this circle. Run up left side of arena past centre marker and do a left rollback at least 6 m from wall – no hesitation
- 8. Continue back around previous circle but do not close this circle. Run up the right side of arena past centre marker and do a sliding stop at least 6 m from wall. Back up at least 3 m. Hesitate to demonstrate completion of pattern

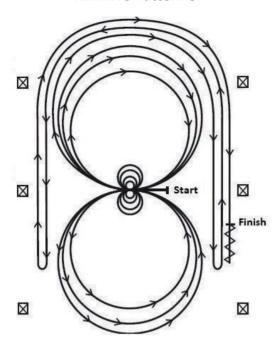


Horses may walk or jog to centre of arena. Horses must walk or stop prior to starting pattern. Begin at the centre of the arena facing the left wall.

- 1. Complete four (4) spins to the right. Hesitate
- 2. Complete four (4) spins to the left. Hesitate
- **3.** Beginning on left lead, complete three (3) circles to the left: the first two large and fast, the third small and slow. Change leads at the centre of the arena
- 4. Complete three (3) circles to the right: the first two large and fast, the third small and slow. Change leads at the centre of the arena
- 5. Begin a large circle to the left but do not close this circle Run up right side of arena past centre marker and do a right rollback at least 6 m from the wall – no hesitation
- 6. Continue back around previous circle but do not close this circle. Run up left side of arena past the centre marker and do a left rollback at least 3 m from the wall – no hesitation
- 7. Continue back around the previous circle but do not close this circle. Run up the right side of the arena past the centre marker and do a sliding stop at least 3 m from the wall. Back up at least 3 m. Hesitate to demonstrate the completion of the pattern

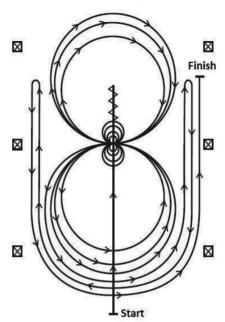


- Run at speed to the far end of the arena past the end marker and do a left rollback – no hesitation
- **2.** Run to the opposite end of the arena past the end marker and do a right rollback no hesitation
- 3. Run past the centre marker and do a sliding stop. Back up to the centre of the arena or at least 3 m. Hesitate
- 4. Complete four (4) spins to the right. Hesitate
- 5. Complete 4½ spins to the left so that the horse is facing the left wall. Hesitate
- **6.** Beginning on the right lead, complete three (3) circles to the right: the first two large and fast, the third small and slow. Change leads at the centre of the arena.
- 7. Complete three (3) circles to the left: the first two large and fast, the third small and slow. Change leads at the centre of the arena
- 8. Begin a large fast circle to the right but do not close this circle. Run straight down the right side of the arena past the centre marker and do a sliding stop at least 6m from the wall. Hesitate to demonstrate the completion of the pattern

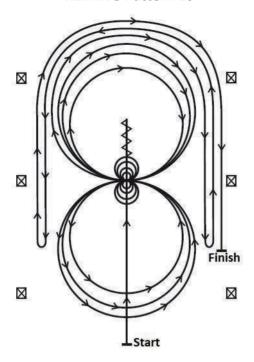


Horse may walk or jog to the centre of arena. Horses must walk or stop prior to starting pattern. Begin at centre of the arena facing left wall.

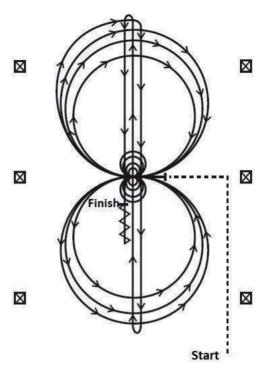
- 1. Complete four (4) spins to the left. Hesitate
- 2 Complete four (4) spins to the right. Hesitate
- 3. Beginning on right lead, complete three (3) circles to the right: first large and fast, second small and slow, third large and fast. Change leads at centre of arena
- 4. Complete three (3) circles to the left: first large and fast, second small and slow, third large and fast. Change leads at centre of arena
- 5. Begin a large fast circle to the right but do not close this circle. Run straight down right side of arena past centre marker and do a left rollback at least 6 m from wall – no hesitation
- 6. Continue back around previous circle but do not close this circle. Run down left side of arena past centre marker and do a right rollback at least 6 m from wall – no hesitation
- 7. Continue back around previous circle but do not close this circle. Run down right side of arena past centre marker and do a sliding stop at least 6 m from the wall. Back up at least 3 m. Hesitate to demonstrate completion of pattern



- Run past centre marker and do a sliding stop. Back up to centre of the arena or at least 3 m. Hesitate
- 2. Complete four (4) spins to the right. Hesitate
- Complete 4¼ spins to the left so that horse is facing left wall. Hesitate
- Beginning on left lead, complete three (3) circles to the left: first small and slow, the next two (2) large and fast. Change leads at centre of arena
- Complete three (3) circles to the right: first small and slow, the next two (2) large and fast. Change leads at centre of arena
- **6.** Begin a large fast circle to the left but do not close this circle. Run up right side of arena past centre marker and do a right rollback at least 6 m from the wall no hesitation
- Continue back around the previous circle but do not close this circle. Run up left side of arena past the centre marker and do a left rollback at least 6 m from the wall – no hesitation
- 8. Continue back around previous circle but do not close this circle. Run up right side of arena past centre marker and do a sliding stop at least 6 m from the wall. Hesitate to demonstrate completion of the pattern



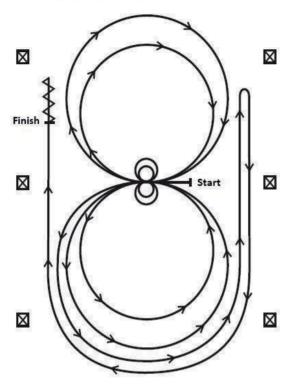
- Run past the centre marker and do a sliding top. Back up to the centre of the arena or at least 3 m. Hesitate.
- 2. Complete four (4) spins to the right. Hesitate
- 3. Complete 4½ spins to the left so that the horse is facing the left wall. Hesitate
- 4. Beginning on right lead, complete three (3) circles to the right: first two large and fast, third small and slow. Change leads at centre of arena
- 5. Complete three (3) circles to the left: first small and slow, next two (2) are large and fast. Change leads at centre of arena.
- 6. Begin a large circle to the right but do not close this circle. Run down the right side of arena past the centre marker and do a left rollback at least 6 m from the wall no hesitation
- 7. Continue back around the previous circle but do not close this circle. Run down left side of arena past centre and do a right rollback at least 6 m from the wall no hesitation
- 8. Continue back around previous circle but do not close this circle. Run down right side of arena past centre marker and do a sliding stop at least 6 m from the wall. Hesitate to demonstrate completion of pattern



Horses must jog to the centre of the arena. Horses must walk or stop prior to starting pattern. Begin at the centre of the arena facing the left wall or fence.

- 1. Complete four (4) spins to the left. Hesitate
- 2. Complete four (4) spins to the right. Hesitate
- **3.** Beginning on the right lead, complete three (3) circles to the right; first small and slow; the next two (2) large and fast. Change leads at the centre of the arena
- **4.** Complete three (3) circles to the left; first small and slow; the next two (2) circles large and fast. Change leads at the centre of the arena
- 5. Begin a large circle to the right, but do not close this circle. Run down the centre of the arena past the end marker and do a right rollback – no hesitation
- **6.** Run up the middle to the opposite end of the arena past the end marker and do a left rollback no hesitation
- 7. Run past the centre marker and do a sliding stop. Back up to the centre of the arena or at least 3 m. Hesitate to demonstrate completion of the pattern

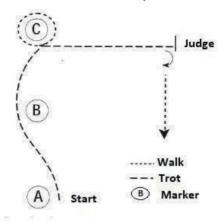
REINING Pattern A Not to be used at State or National Level



Horses may walk or jog to centre of arena. Horses must walk or stop prior to starting pattern. Beginning at centre of arena facing the left wall.

- 1. Beginning on left lead complete two (2) circles to the left. Stop at centre of arena. Hesitate
- 2. Complete two (2) spins to the left. Hesitate
- **3.** Beginning on right lead complete two (2) circles to the right. Stop at centre of arena. Hesitate
- 4. Complete two (2) spins to the right. Hesitate
- Beginning on left lead, go around the end of arena, run down right side of arena past centre marker, stop and rollback right
- **6.** Continue around the end of arena to run down the left side of arena past centre marker. Stop. Back up. Hesitate to demonstrate completion of pattern

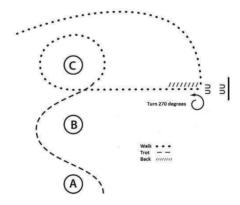
EWD Showmanship Pattern 1



Be ready at A

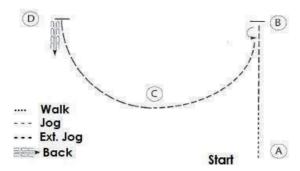
- 1. When acknowledged, trot from A, around B to C
- 2. Walk a tight circle around C
- 3. Trot to Judge
- 4. Stop and set up for inspection
- 5. When dismissed, perform a 90° turn and walk away from Judge

EWD SHOWMANSHIP Pattern 2



- Be ready at A, when acknowledged; trot from A, around B and to C
- 2. Walk a tight circle around C. Walk on to judge.
- 3. Stop and set for inspection.
- 4. When dismissed, back one horse length.
- 5. Perform a 270° turn and walk away. Then return to line up.

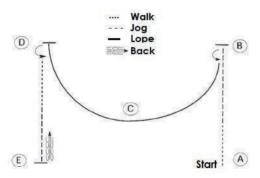
EWD Walk, Jog Western Horsemanship



Be ready at A

- 1. Walk approximately two (2) strides from A
- 2. Jog B
- 3. Stop and perform a 180° turn to the left
- 4. Jog a half circle
- 5. Extend the jog to D
- 6. Stop at D, back approximately 1 horse length

EWD Walk, Jog, Lope Western Horsemanship



Be ready at A

- 1. Walk approximately two (2) strides from A
- 2. Jog to B
- 3. Stop and perform a 180° turn to the left
- 4. Lope on right lead around C and to D
- 5. Stop and perform a 180° turn to the left
- 6. Walk halfway to E
- Jog to E, stop and back approximately 1 horse length

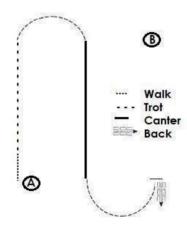
EWD Walk, Trot Hunt Seat Equitation



Be ready at A

- 1. Walk two (2) horse lengths
- Trot forward and a half circle on right diagonal until even with B
- Change diagonal and trot straight and then a half circle until even with A
- 4. Stop and back approximately 1 horse length

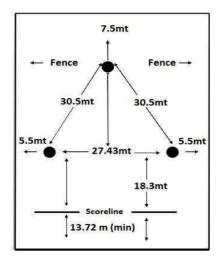
EWD Walk, Trot, Canter Hunt Seat Equitation



Be ready at A

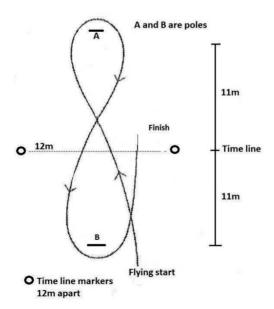
- 1. Walk two (2) horse lengths from A
- Trot forward and a half circle on the left diagonal until even with B
- 3. Canter on left lead until even with A
- 4. Trot a half circle on right diagonal until even with A
- 5. Stop and back approximately one horse length

AQHA SPORTING Barrel

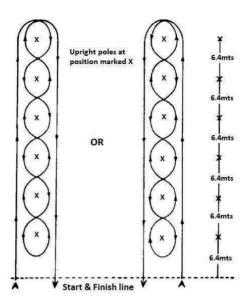


Right or left - Competitors may go either to the right or the left barrel first but must take one right and two left turns **OR** one left and two right turns, followed by final sprint home.

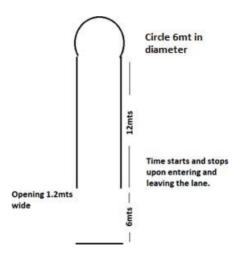
AQHA SPORTING Figure of Eight



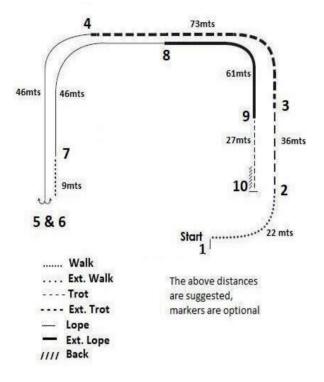
AQHA SPORTING Pole Bending



AQHA SPORTING Keyhole

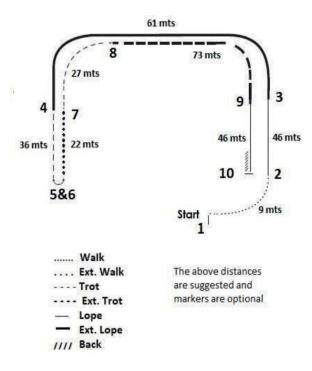


VERSATILITY RANCH PLEASURE Pattern 1



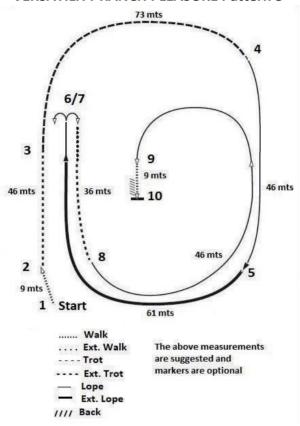
- 1. Extended walk from 1 to 2
- 2. Trot from 2 to 3
- 3. Extended trot from 3 to 4
- 4. Lope from 4 to 5
- 5. Stop at 5; reverse (either direction)
- 6. Walk from 6 to 7
- 7. Lope from 7 to 8
- 8. Extended lope from 8 to 9
- 9. Trot from 9 to 10
- 10. Stop at 10 and back approximately one (1) horse length

VERSATILITY RANCH PLEASURE Pattern 2

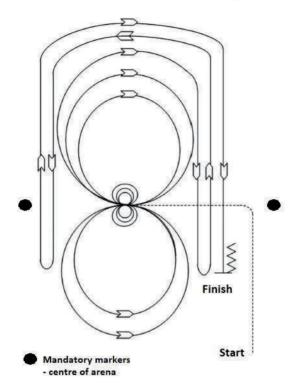


- 1. Walk from 1 to 2
- 2. Lope from 2 to 3
- 3. Extend lope from 3 to 4
- 4. Trot from 4 to 5
- 5. Stop at 5, reverse (either direction)
- 6. Extend walk from 6 to 7
- 7. Trot from 7 to 8
- 8. Extend trot from 8 to 9
- 9. Lope from 9 to 10
- 10. Stop at 10 and back approximately one (1) horse length

VERSATILITY RANCH PLEASURE Pattern 3

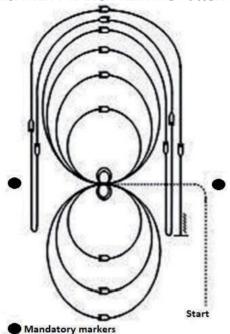


- 1. Walk from 1 to 2
- 2. Trot from 2 to 3
- 3. Extend trot from 3 to 4
- 4. Lope on right lead 4 to 5
- **5.** Extend lope from 5 to 6 (collect lope before stopping)
- 6. Stop at 6 and reverse either direction
- 7. Trot from 7 to 8
- **8.** Lope on left lead from 8 until even with 9, turn towards middle of arena and continue on left lead to 9
- 9. Walk from 9 to 10
- 10. Stop at 10 and back approximately one (1) horse length



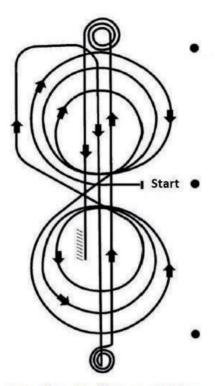
Ride pattern as follows: Trot to centre of arena and stop.

- 1. Complete three (3) spins in one direction. Hesitate
- 2 Complete three (3) spins in the opposite direction. Hesitate
- **3.** Beginning on right lead, complete two (2) large fast circles to the right. Change leads at centre of arena
- 4. Complete two (2) large fast circles to the left. Change leads at centre of arena
- 5. Begin a large circle to the right but do not close this circle. Run down right side of arena past centre marker and do a left rollback at least 6 m from the wall, no hesitation
- 6. Continue back around the previous circle but do not close this circle. Run down left side of arena past centre marker and do a right rollback at least 6 m from wall, no hesitation
- 7. Continue back around previous circle, but do not close this circle. Run down right side of arena past centre marker and do a sliding stop at least 6 m from the wall. Back up at least 3 m. Hesitate to show completion of pattern



Ride pattern as follows: Trot to centre of arena and stop or walk before departure.

- Beginning on right lead complete two (2) circles to the right, the first one large and fast, the second small and slow. Stop at centre
- **2.** Complete four (4) spins to the right. Hesitate.
- Beginning on left lead complete two (2) circles to the left, the first large and fast, the second small and slow. Stop at centre
- **4.** Complete four (4) spins to the left. Hesitate
- 5. Beginning on right lead complete a large fast circle to the right and change leads at centre of arena. Complete a large fast circle to the left and change leads at centre of arena
- 6. Begin a large fast circle to the right, but do not close this circle. Run down right side of arena past centre marker and do a left rollback at least 6 m from wall
- Continue back around previous circle but do not close this circle. Run down left side of arena past centre marker and do a right rollback at least 6 m from wall
- 8. Continue back around previous circle but do not close this circle. Run down right side of arena past centre marker and do a sliding stop at least 6 m from wall. Back up at least 3 m. Hesitate to show completion of pattern

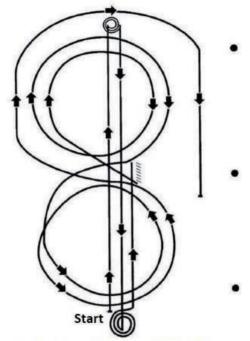


 Mandatory Markers - centre and at least 15 metres from each end of arena

Ride pattern as follows: Trot to centre of arena and stop or walk before departure. Start pattern facing toward the Judge.

- Beginning on right lead, complete three (3) circles to the right

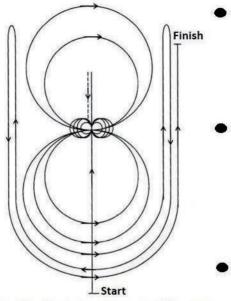
 the first two large and fast; the third small and slow. Change leads at centre of arena
- 2. Complete three (3) circles to the left: the first two large and fast, the third small and slow. Change leads at centre of arena
- 3. Begin a large circle to the right, but do not close this circle. Run down centre of arena, past end marker, and do a sliding stop
- **4.** Complete 3½ spins to the right
- 5. Run up centre of arena to the opposite end, past end marker, do a sliding stop
- 6. Complete 3½ spins to the left
- Run back to middle of arena, past centre marker and do a sliding stop. Back up at least 3 m. Hesitate to show completion of pattern



 Mandatory markers - centre and at least 15 metres from each end of arena

Ride pattern as follows:

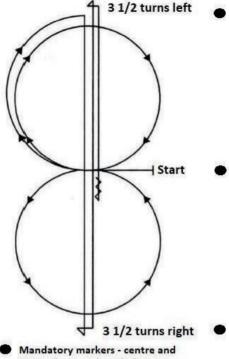
- Run up centre of arena past end marker and do a sliding stop
- 2. Complete 3½ spins to the left
- **3.** Run down to opposite end of arena, past end marker and do a sliding stop
- 4. Complete 3½ spins to the right
- 5. Run past centre marker and do a sliding stop. Back at least 3 m. Complete ¼ turn to the left. Hesitate
- **6.** Beginning on right lead, complete two (2) circles to the right the first small and slow, the second large and fast. Change leads at centre of arena
- Complete two (2) circles to the left the first small and slow, the second large and fast. Change leads at centre of arena
- 8. Begin a large circle to the right, but do not close circle. Run down right side of arena past centre marker and do a sliding stop at least 6 m from the fence. Hesitate to show completion of pattern



Mandatory markers - centre and 15 metres from each end of arena

Ride pattern as follows:

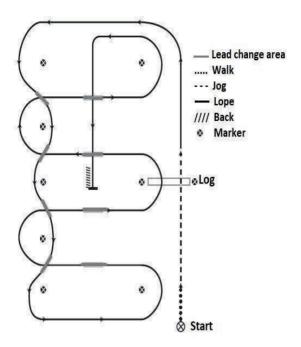
- Run past centre marker and do a sliding stop. Back to centre of arena or at least 3 m. Hesitate
- 2. Complete four (4) right spins. Hesitate
- 3. Complete 4¼ left spins. Hesitate. Horse to be facing left wall
- **4.** Beginning on left lead, complete two (2) circles to the left the first small and slow, the second large and fast Change leads at centre of arena
- Complete two (2) circles to the right the first small and slow, the second large and fast. Change leads at centre of arena
- **6.** Begin a large circle to the left, but do not close circle. Run up left side of arena past centre marker and do a right rollback at least 6 m from wall
- 7. Continue back around the previous circle, but do not close circle. Run up left side of arena past centre marker and do a left rollback at least 6 m from wall
- 8. Continue back around previous circle but do not close circle. Run up right side of arena past centre marker, and do a sliding stop at least 6 m from wall. Hesitate to show completion of pattern



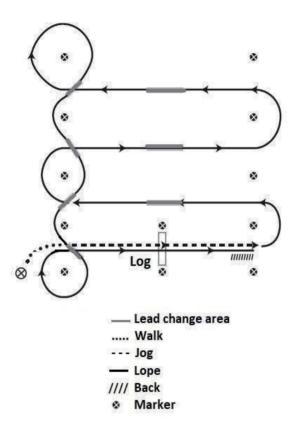
15 mts from each end of arena

Ride pattern as follows: Trot to centre of arena and stop or walk before departure. Start pattern facing toward Judge

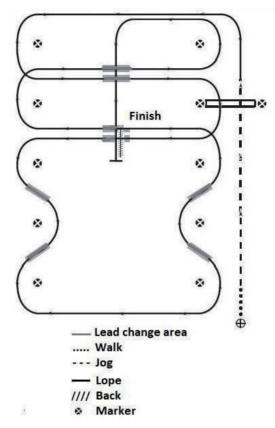
- 1. Beginning on right lead, lope one (1) circle to the right. Change leads at centre of arena
- 2. Complete one (1) circle to the left. Change leads at centre of arena
- 3. Begin a circle to the right but do not close this circle. Run down centre of arena past end marker and do a sliding stop
- 4. Complete 3½ spins to the right
- 5. Run up to the other end of arena, past end marker and do a sliding stop
- 6. Complete 3½ spins to the left
- 7. Run past centre marker and do a sliding stop. Back at least 3 m. Hesitate to show completion of pattern



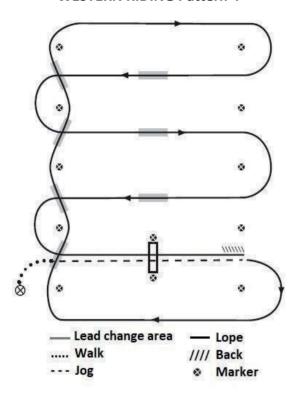
- Walk at least 4.5 m from start cone to the first marker. Start jogging at first marker and jog over log
- 2. Transition to left lead and lope around end
- 3. First line change
- 4. Second line change
- 5. Third line change
- **6.** Fourth line change
- 7. First crossing change
- 8. Second crossing change
- 9. Lope over log
- 10. Third crossing change
- **11.**Fourth crossing change
- 12. Lope up the centre, stop & back



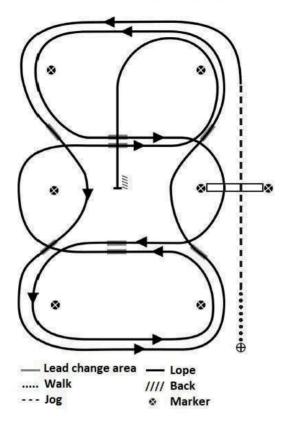
- **1.** Walk at least 4.5m from start cone to 1st marker, as drawn, transition to jog, jog over log
- 2. Transition to the lope left lead
- 3. First crossing change
- 4. Second crossing change
- 5. Third crossing change
- 6. Circle and first line change
- 7. Second line change
- 8. Third line change
- 9. Fourth line change and circle
- 10.Lope over log
- 11. Lope, stop and back



- **1.** Walk at least 4.5m from start cone to 1st marker, as drawn, transition to jog, jog over log
- 2. Transition to the lope, on the left lead
- 3. First crossing change
- 4. Lope over log
- 5. Second crossing change
- 6. First line change
- **7.** Second line change
- 8. Third line change
- 9. Fourth line change
- 10. Third crossing change
- 11. Fourth crossing change
- 12. Lope up the centre, stop and back



- **1.** Walk at least 4.5m from start cone to 1st marker, as drawn, transition to jog, jog over log
- 2. Transition to the lope, on the right lead
- 3. First line change
- 4. Second line change
- 5. Third line change
- 6. Fourth line change
- **7.** First crossing change
- 8. Second crossing change
- **9.** Third crossing change
- **10.**Lope over log
- 11. Lope, stop and back



- Walk at least 4.5m from start cone to 1st marker, as drawn, transition to jog, jog over log
- 2. Transition to the lope, on the left lead
- 3. First line change
- 4. Second line change
- 5. Third line change
- **6.** Fourth line change
- 7. First crossing change
- 8. Lope over log
- 9. Second crossing change
- 10. Third crossing change
- 11. Fourth crossing change
- 12. Lope, stop and back

NOTES