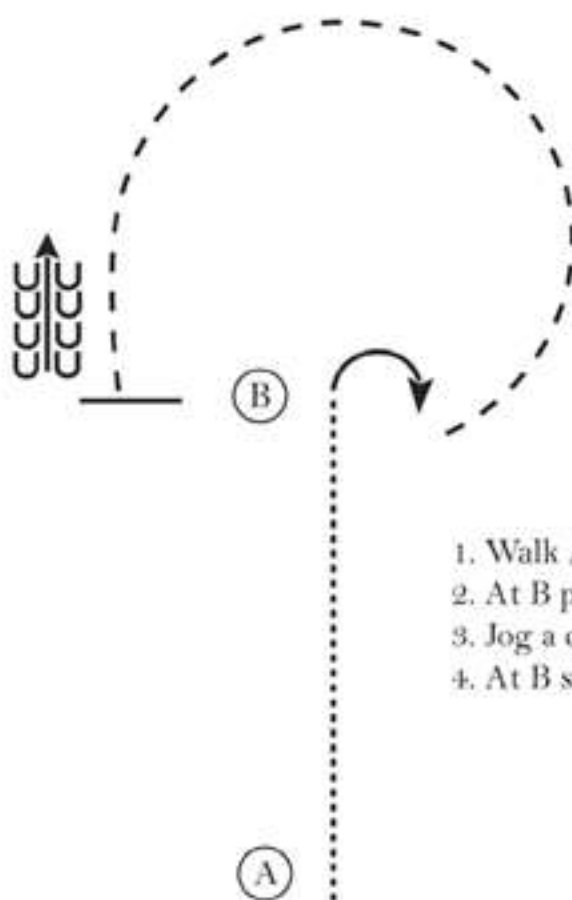




WJ HMS

September 2026



1. Walk A to B
2. At B perform a 90 degree turn to the right
3. Jog a circle around B
4. At B stop and back 4 steps

Walk	
Jog	-----
Extended Jog	-----
Lope	-----
Leg Yield	
Lead Change	
Back	
Marker	(B)
Sidepass	