
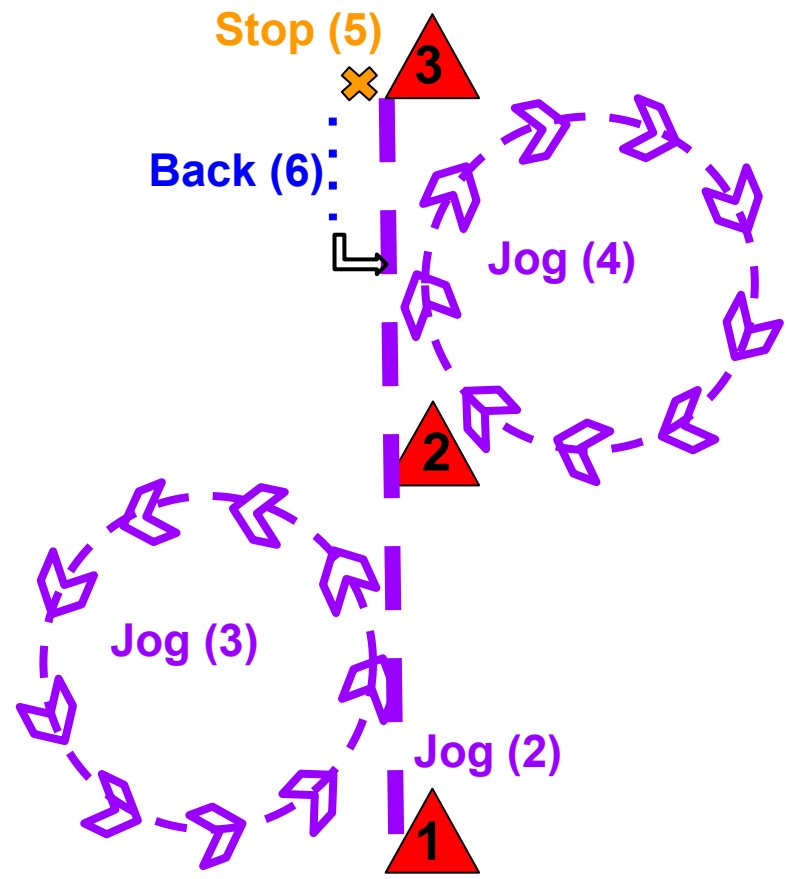


1. Walk to cone 1.
2. Jog from cone 1 to 2 doing a circle between cone 1 and 2. To the left.
3. Jog from cone 2 to 3 doing a circle between 2 and 3. To the the right.
4. Stop at cone 3
5. Back.
6. 90 degree turn to right.
7. Walk out.
8. Tail to rail.

WESTERN WALK JOG PATTERN

115 Beginner

Walk	Back	Tail to the rail
Jog	Stop	Turn Right

Have Fun &
Good Luck

Announcers
booth

