



WEAVE THROUGH WITHOUT TOUCHING



CARTWHEEL ROUND-OFF MULE KICK

HULA HOOP FOR 5 SECONDS



**GO OVER THE
OBSTACLE**

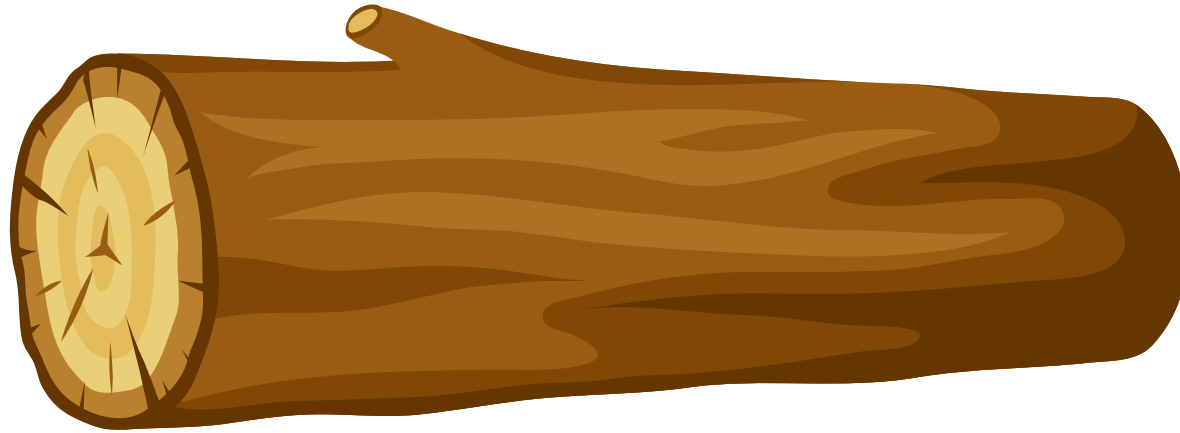


GO UNDER



HANG FOR 5 SECONDS

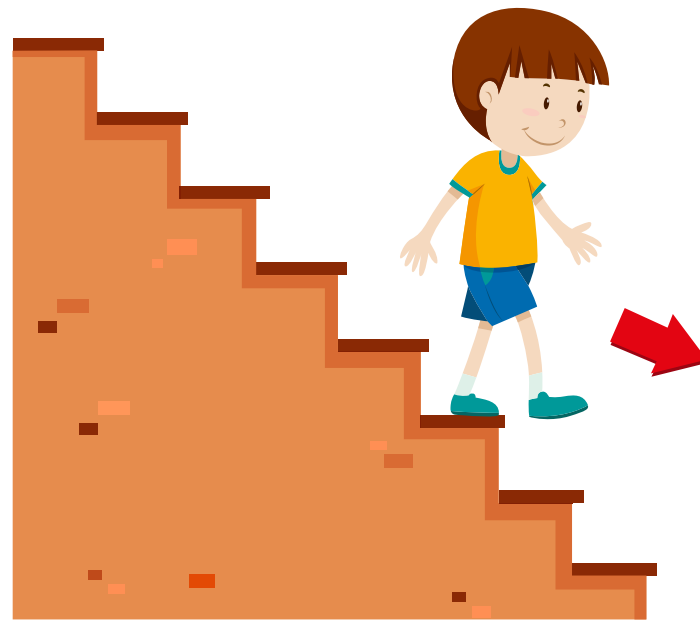




LOG ROLL
FORWARD ROLL
BACKWARD ROLL



**STEP
UP**



**STEP
DOWN**



WEAVE AROUND THE CONES