

PRACTICE WALK

JOHN RITZ

First Time = **S**
 Second Time = **N**
 Third Time = **F**

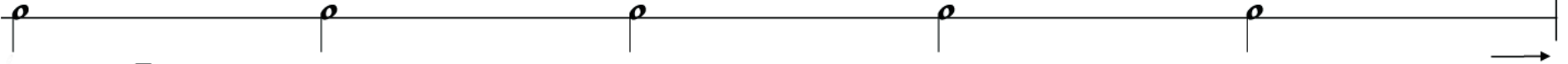
REPEAT 3X

WALKER



First Time = **S**
 Second Time = **N**
 Third Time = **F**

REPEAT 3X



First Time = **S**
 Second Time = **N**
 Third Time = **F**

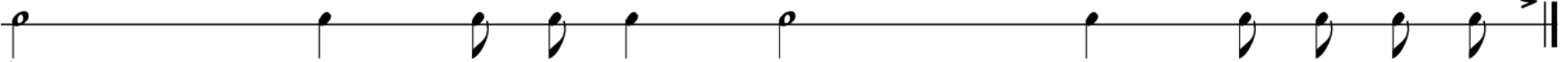
REPEAT 3X



REPEAT 4X



REPEAT 4X



NOTE: ONLY TAKE A PICTURE AND MAKE A TURN AFTER ALL REPEATS OF EACH LINE ARE COMPLETED