



Walk Jog Test 1©

- 1 A Enter Working Jog.
8 Stop through Walk. Salute.
Continue Working Jog.
- 2 C Turn Right.
Continue to A.
- 3 A 20 M circle Right Working Jog.
- 4 A 10 M circle Right Working Walk.
- 5 K-8-M Change direction Free Walk
- 6 M Working Walk.
- 7 C 10 M circle Left Working Walk.
- 8 C 20 M circle Left Working Jog.
Continue to A.
- 9 A Turn down centerline.
8 Stop through Walk. Salute.