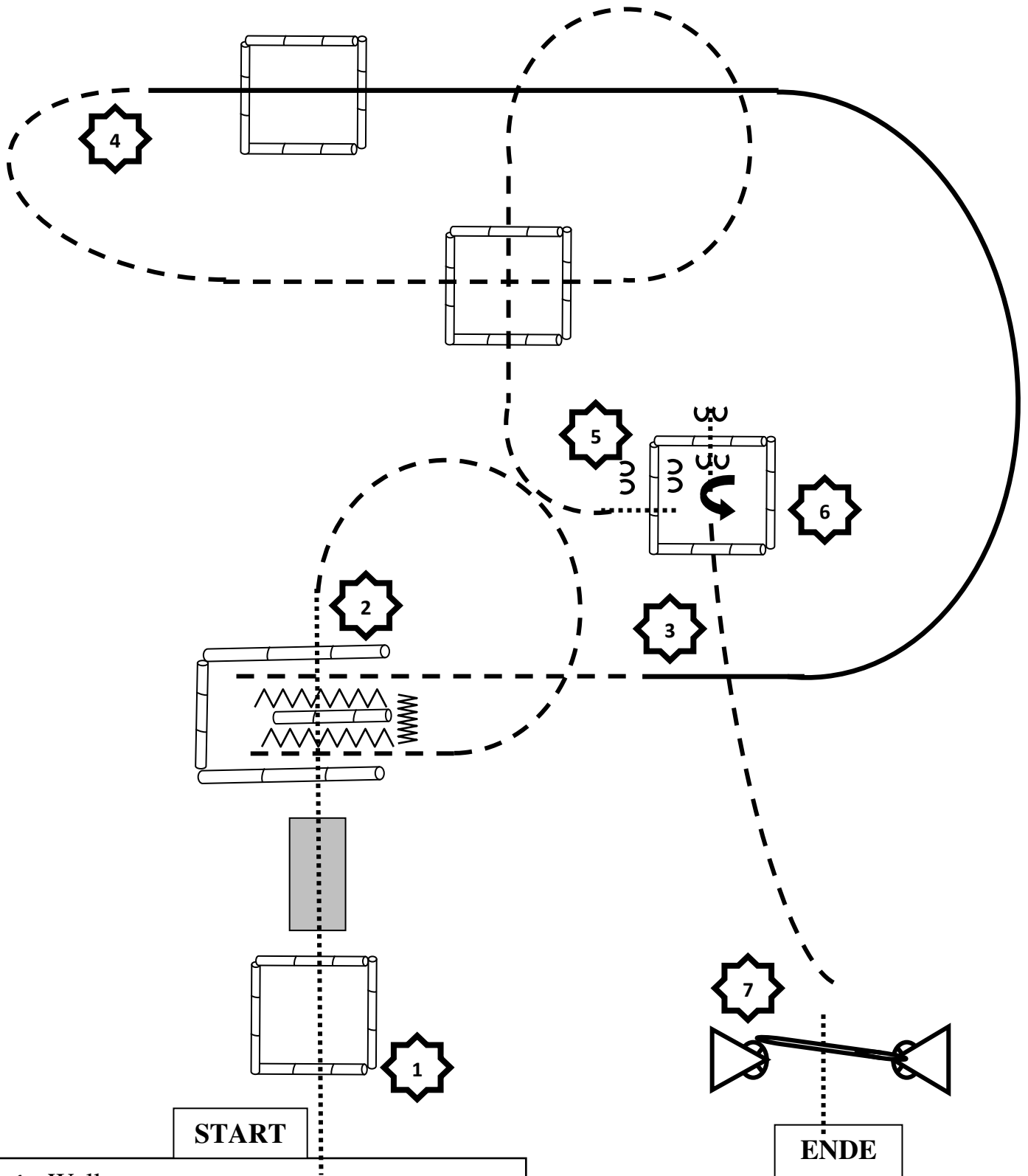


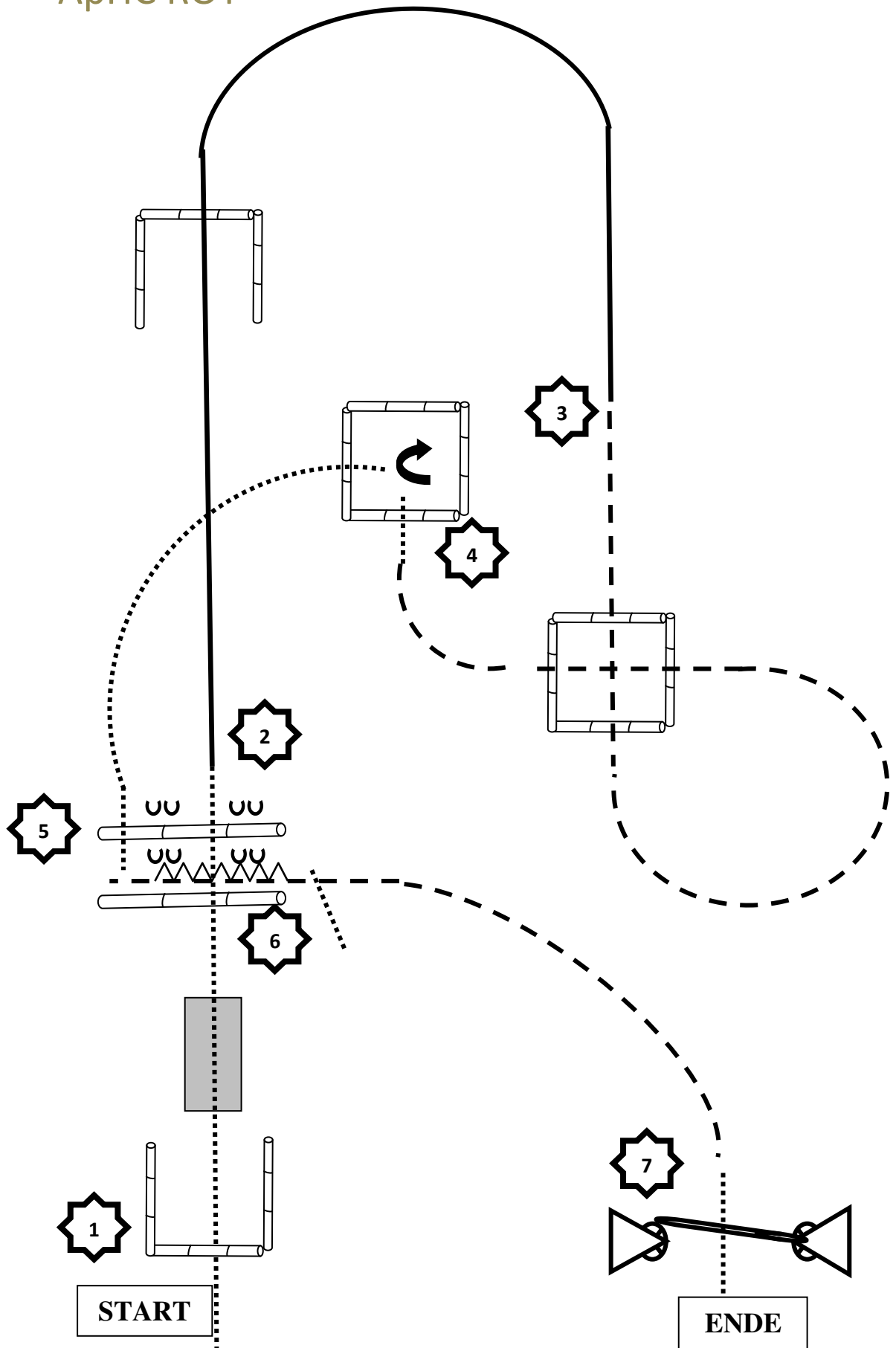
ApHC 380



- START**
1. Walk over
 2. Jog in, Back up, Jog out
 3. Lope over
 4. Jog over
 5. Walk, Sidepass links
 6. 360° rechts, ,Jog out
 7. Tor

- ENDE**
- WWWW Back Up
 - Walk
 - Jog
 - Lope

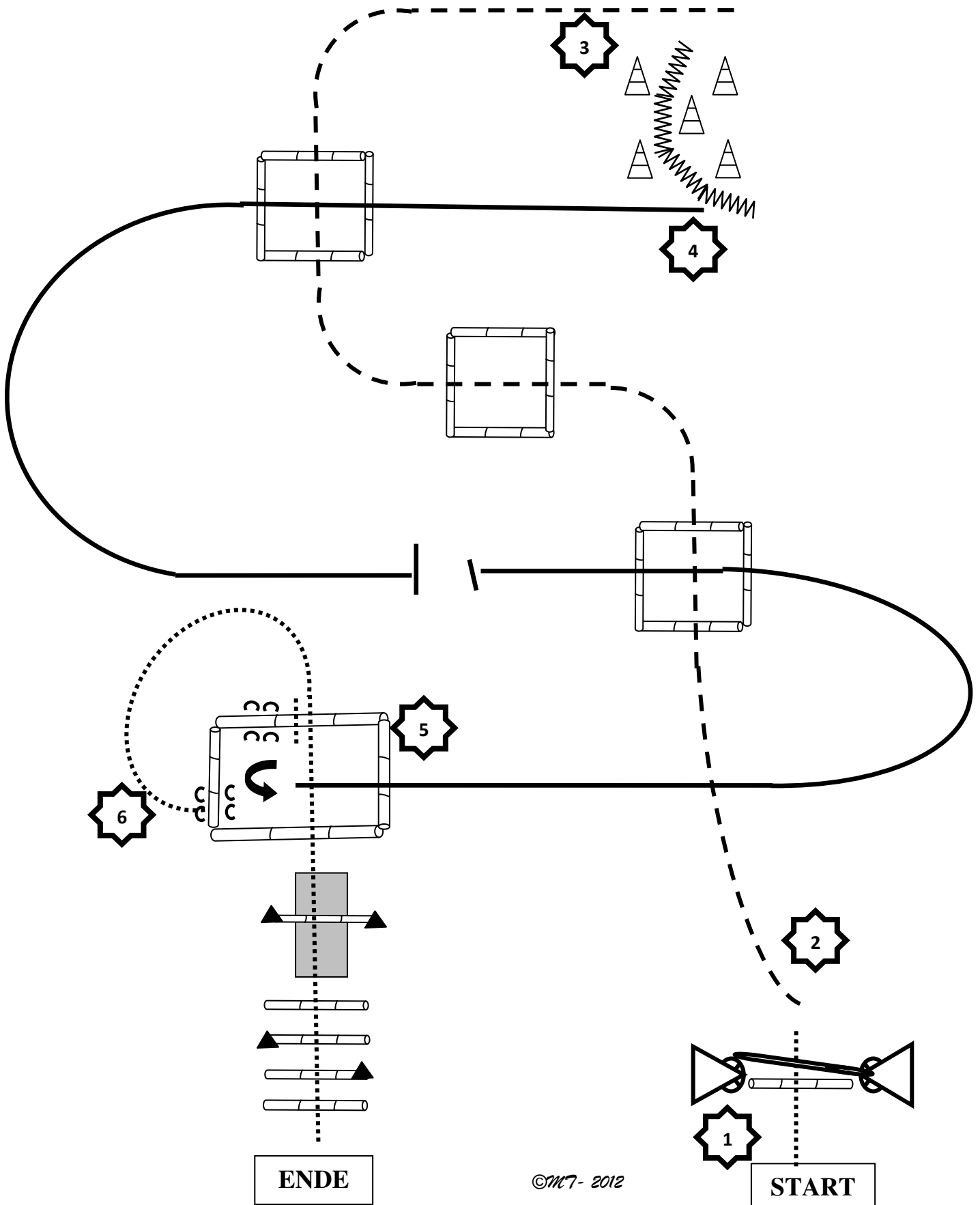
ApHC ROT



1. Walk over
2. Lope over
3. Jog over
4. Walk in ,270° rechts Walk out
5. Sidepass links, Walk
6. Back up, Jog out
7. Tor

- | | |
|-------|---------|
| WWWW | Back Up |
| | Walk |
| ---- | Jog |
| ———— | Lope |

LK 1A sen TH



1. Tor vorwärts
2. Jog over
3. Back up
4. Lope over, mit einfachem oder fliegendem Wechsel
5. Lope in, 270° links , Sidepass links
6. Walk over mit Brücke

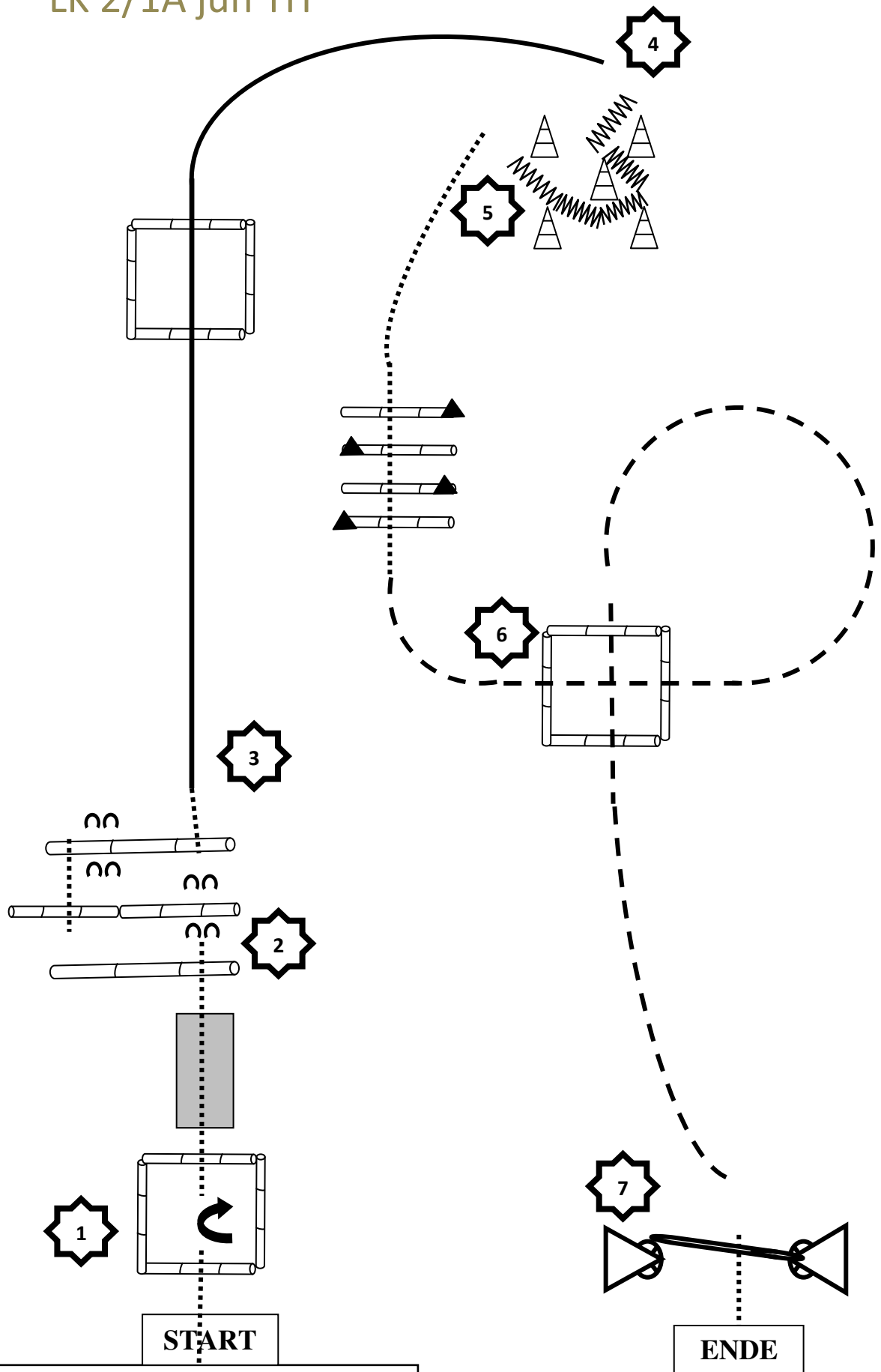
WWWW Back Up

..... Walk

----- Jog

———— Lope

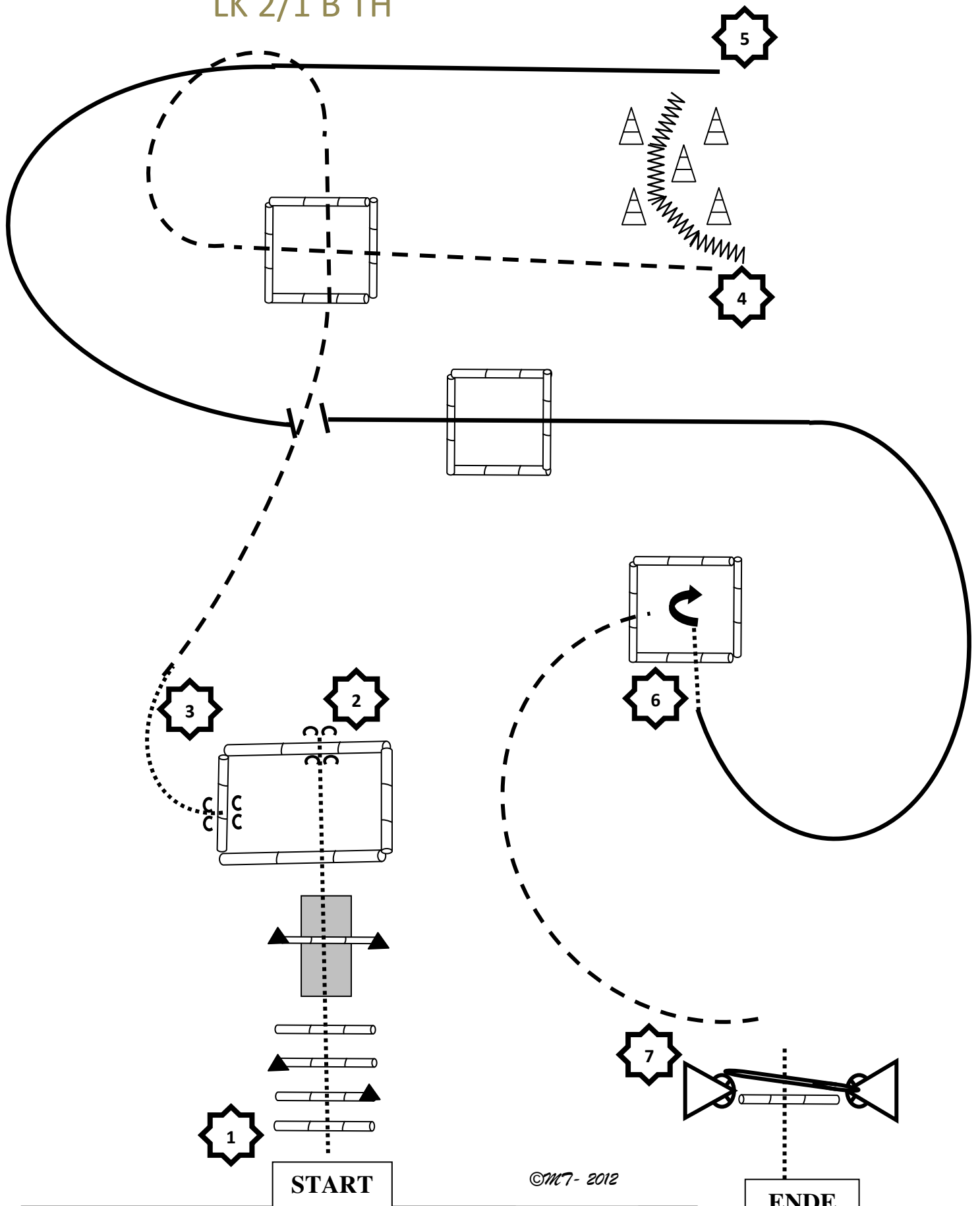
▲ Erhöhung



1. Walk in, 360° rechts, Walk over Brücke
2. Sidepass links, Sidepass rechts
3. Lope over
4. Back up
5. Walk over
6. Jog over
7. Tor

WWWW	Back Up
-----	Walk
- - - - -	Jog
—————	Lope
▲	Erhöhung

LK 2/1 B TH

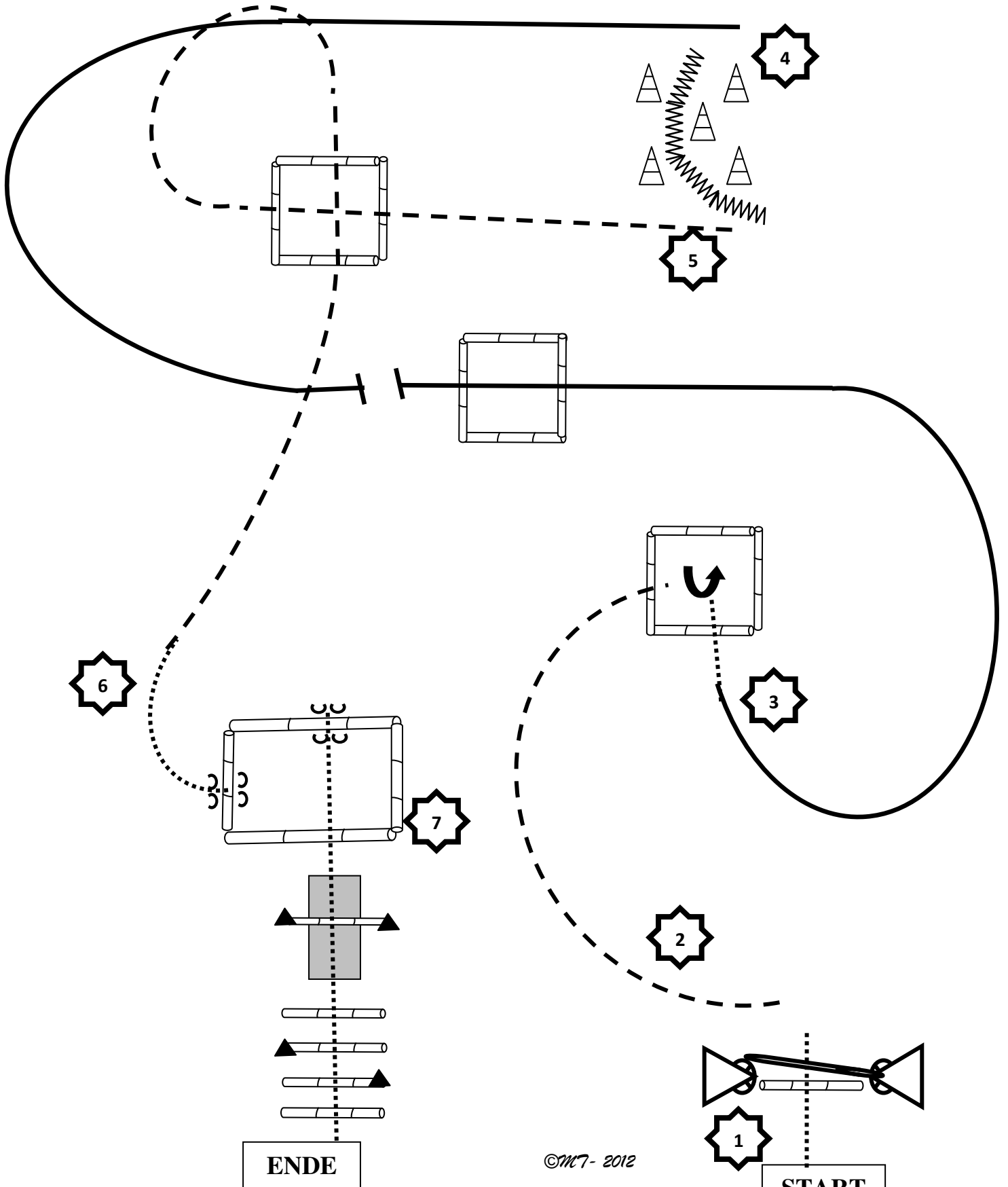


©M7- 2012

1. Walk over, Brücke
2. Sidepass links, Walk
3. Jog over
4. Back up
5. Lope einfacher oder fliegender Wechsel, Lope over
6. Walk in, 270° rechts, Jog out
7. Tor vorwärts

WWWW	Back Up
.....	Walk
----	Jog
————	Lope
▲	Erhöhung

LK 2A sen TH

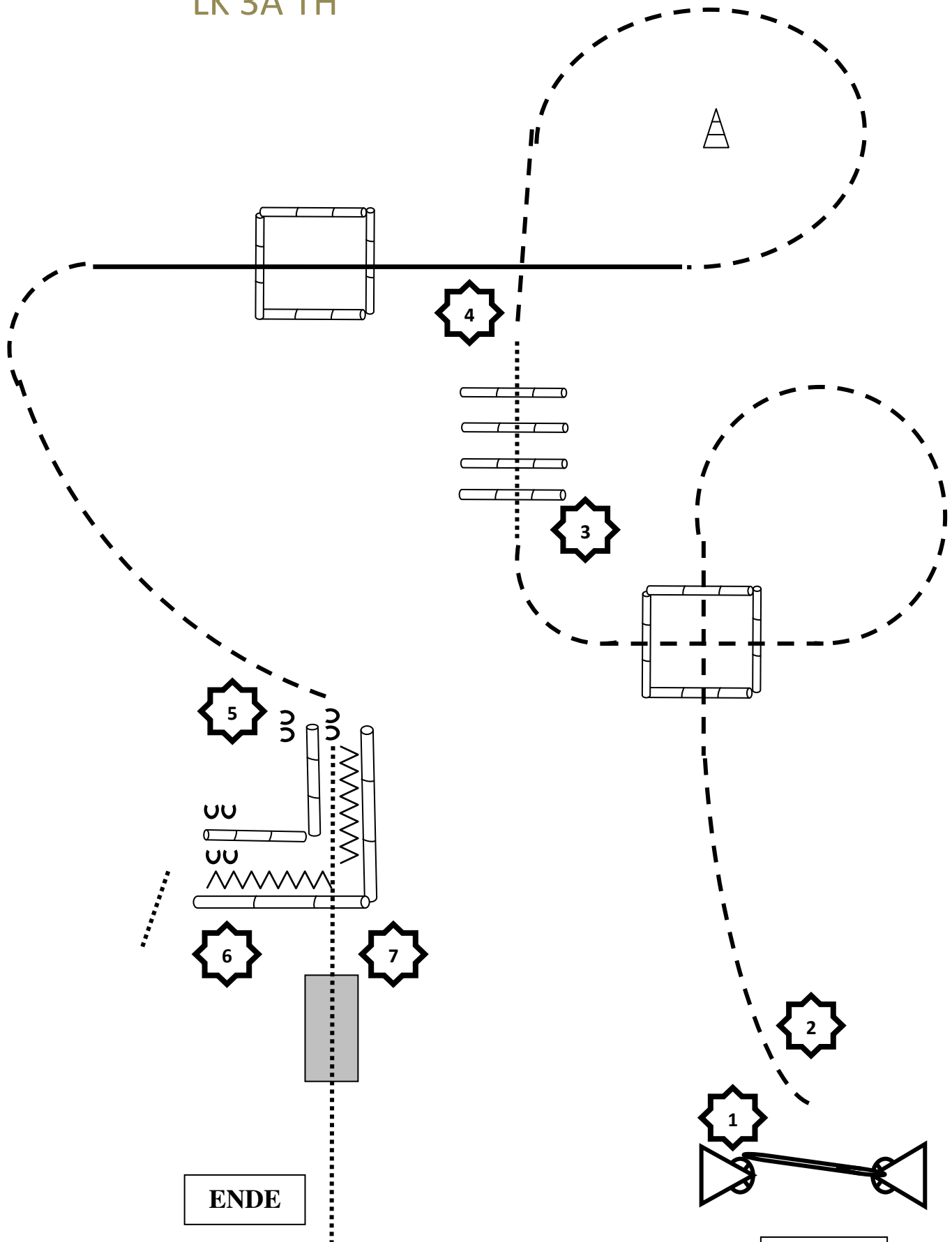


©M7- 2012

1. Tor
2. Jog in, , 270° links, Walk out
3. Lope over, mit einfachem oder fliegendem Wechsel
4. Back up
5. Jog over
6. Walk, Sidepass links
7. Walk over Brücke

W W W W	Back Up
.....	Walk
- - - -	Jog
————	Lope
▲	Erhöhung

LK 3A TH



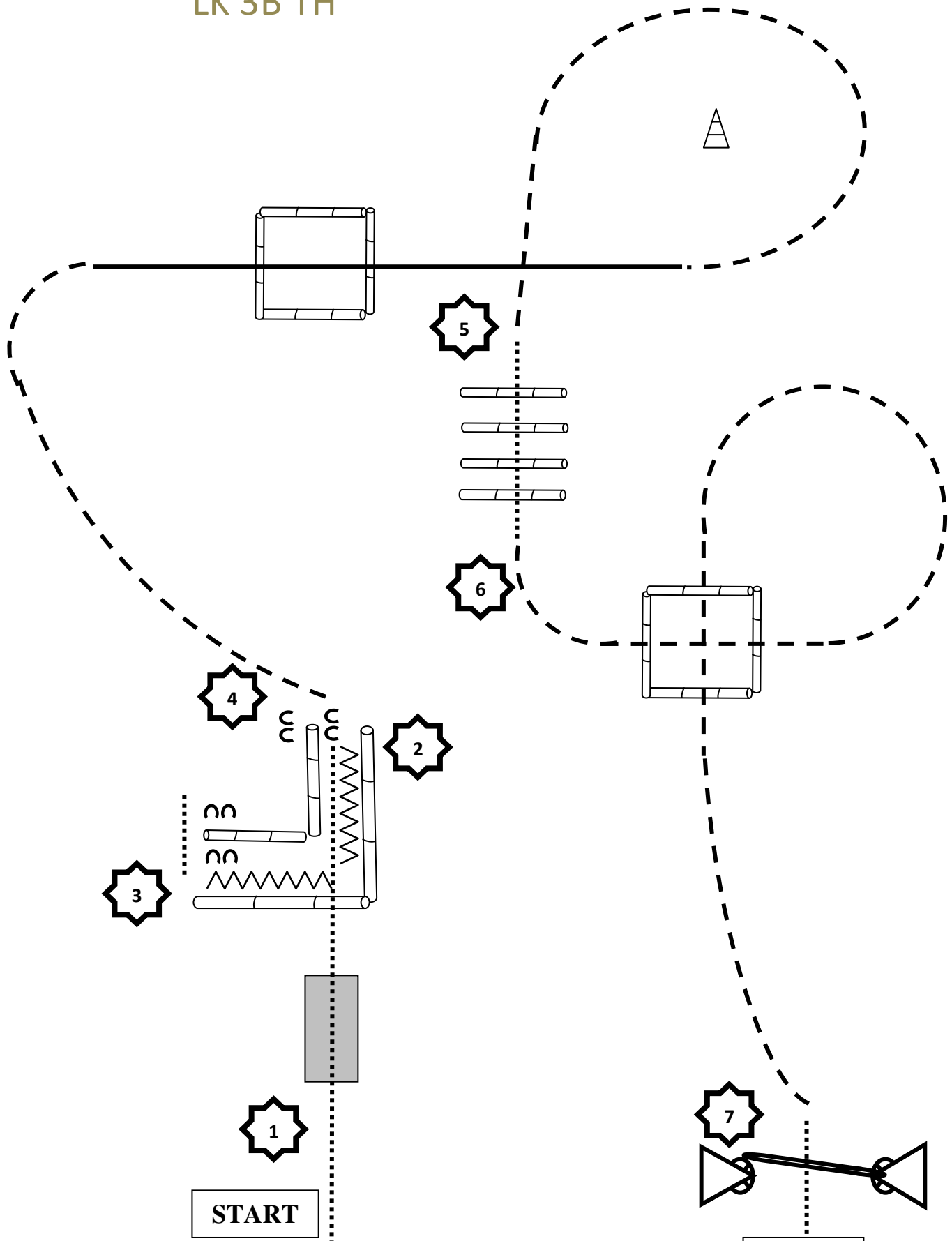
ENDE

START

1. Tor
2. Jog over
3. Walk over
4. Jog, Lope over
5. Jog Sidepass rechts,
6. Back up
7. Walk over Brücke

WWWWW	Back Up
-----	Walk
.....	Jog
—————	Lope

LK 3B TH



START

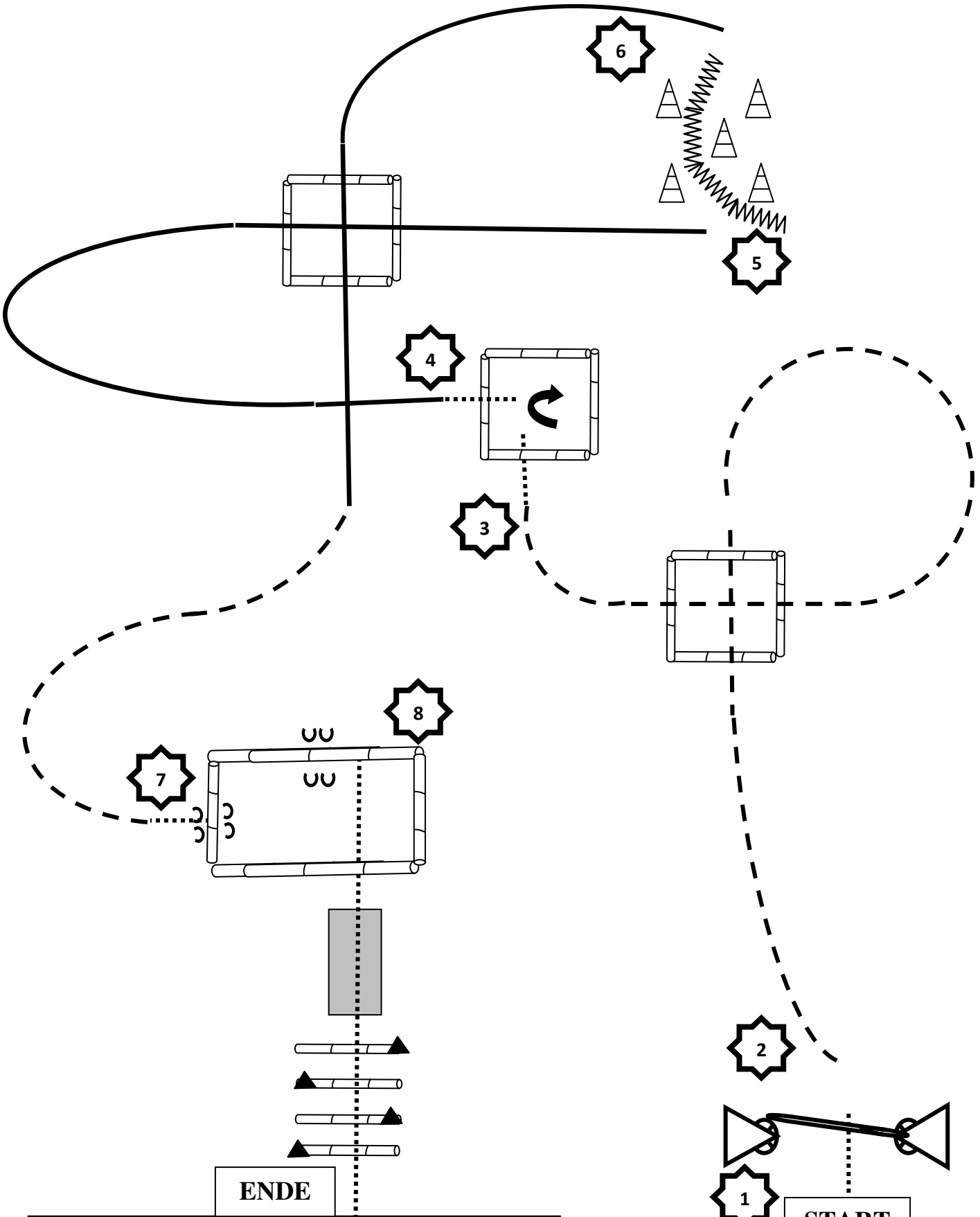
ENDE

1. Walk over Brücke
2. Back up
3. Walk Sidepass rechts
4. Jog, Lope over, Jog
5. Walk over
6. Jog over
7. Tor

~~~~~	Back Up
.....	Walk
----	Jog
———	Lope



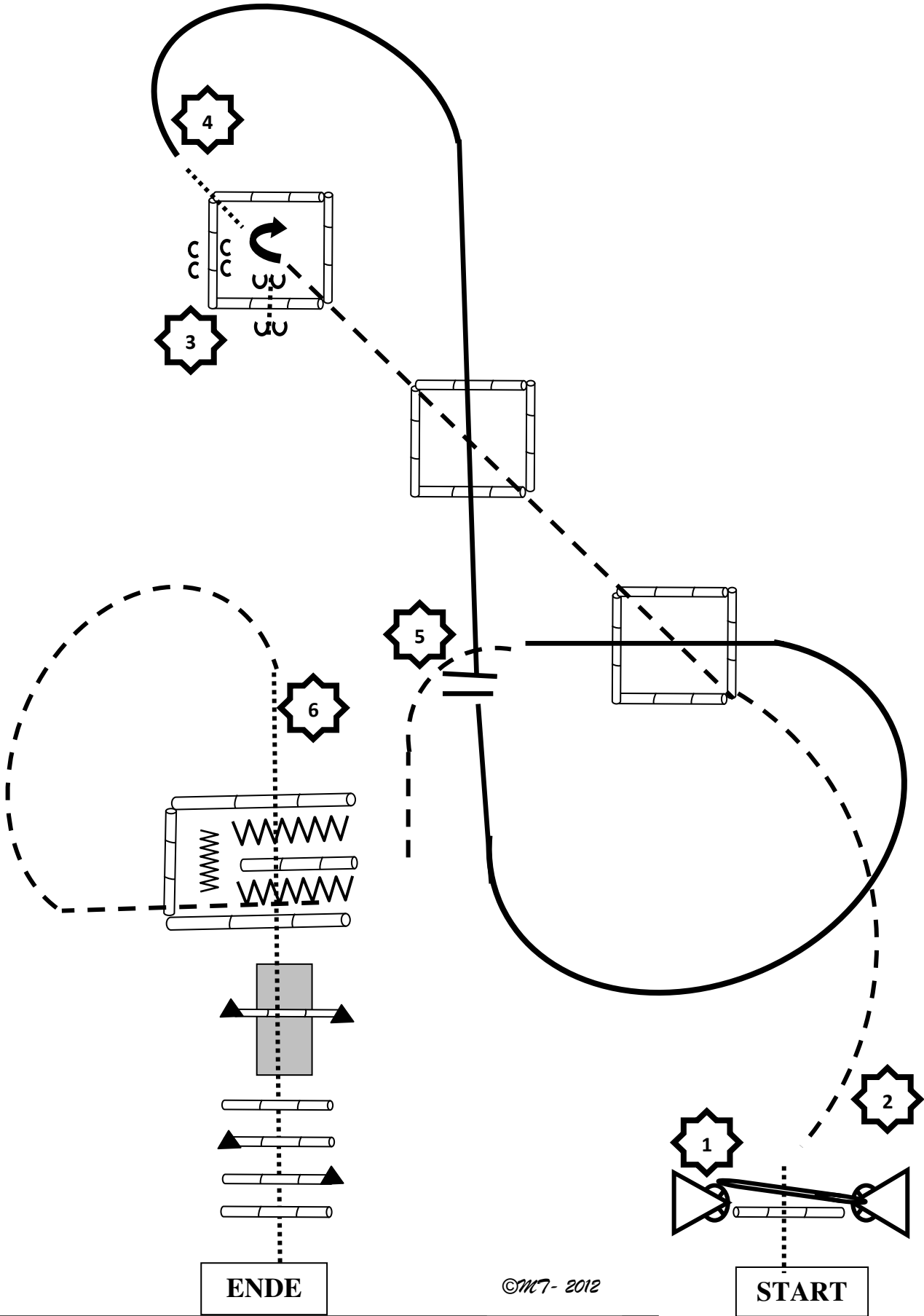
# Q LK 2/1A jun TH



1. Tor
2. Jog over
3. Walk in, 270° rechts, Walk out
4. Lope over
5. Back up
6. Lope over, Jog,
7. Walk, Sidepass links
8. Walk over mit Brücke

WWWW	Back Up
.....	Walk
----	Jog
————	Lope
▲	Erhöhung

# Q LK 2/1A sen TH



©M7- 2012

1. Tor vorwärts
2. Jog over
3. Jog in, 225° rechts, Sidepass rechts, Walk out
4. Lope over mit einfachem oder fliegendem Wechsel
5. Jog, Back up, Jog out
6. Walk over mit Brücke

W W W W Back Up

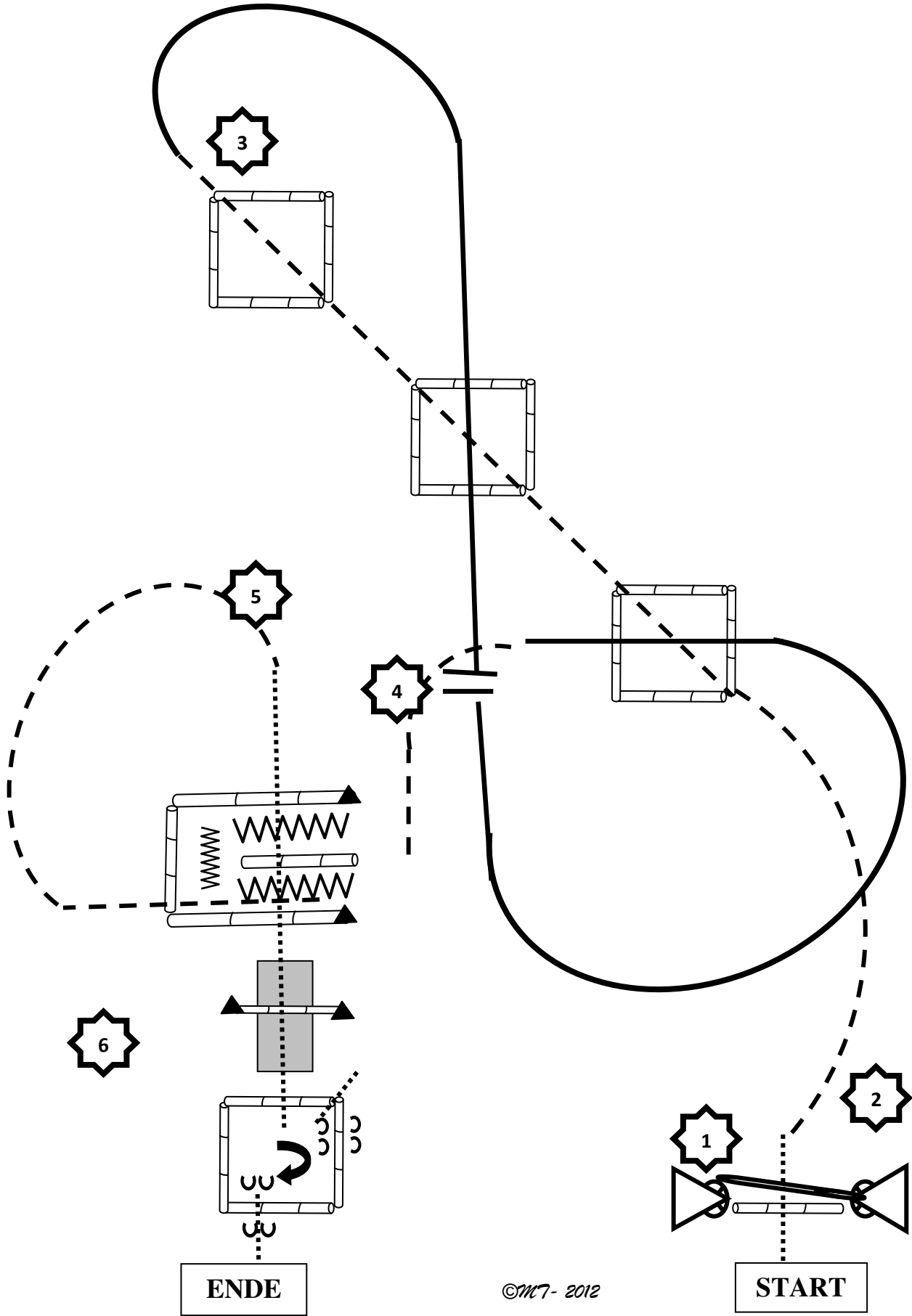
..... Walk

----- Jog

———— Lope

▲ Erhöhung

# Q LK 2/1 B TH



©M7- 2012

1. Tor vorwärts
2. Jog over
3. Lope over mit einfachem oder fliegendem Wechsel
4. Jog, Back up, Jog out
5. Walk over, Brücke
6. Walk in, 225° rechts, Sidepass rechts, Walk out

- |       |          |
|-------|----------|
| W     | Back Up  |
| ----- | Walk     |
| ..... | Jog      |
| ————— | Lope     |
| ▲     | Erhöhung |