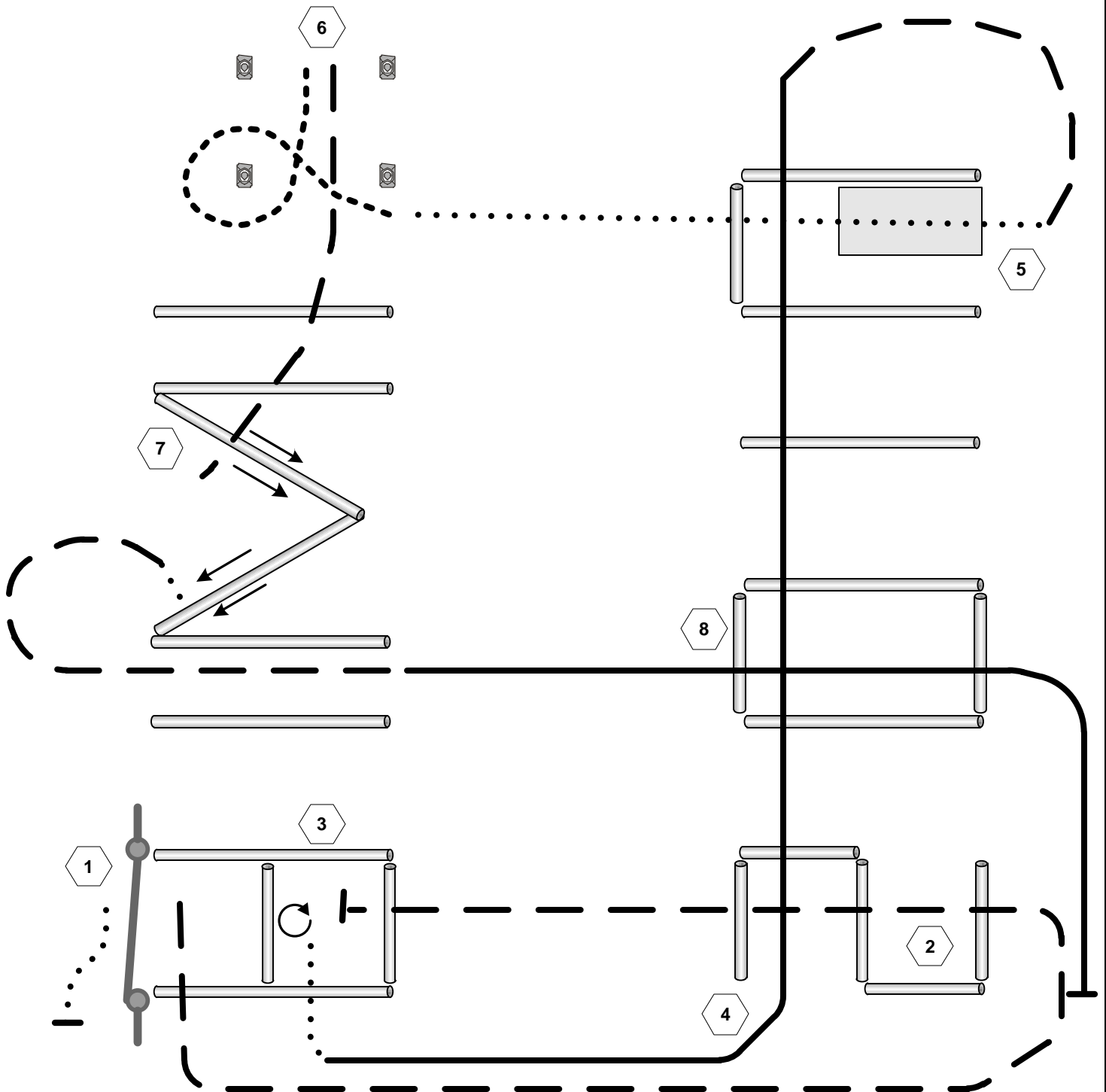


- 1 Tor rückwärts aufstoßen, Jog out
- 2 Jog in, 180° links, walk out
- 3 Jog over
- 4 Brücke, Jog over
- 5 Backup
- 6 Lope over

- Walk
.....
- Jog
- - - - -
- Lope

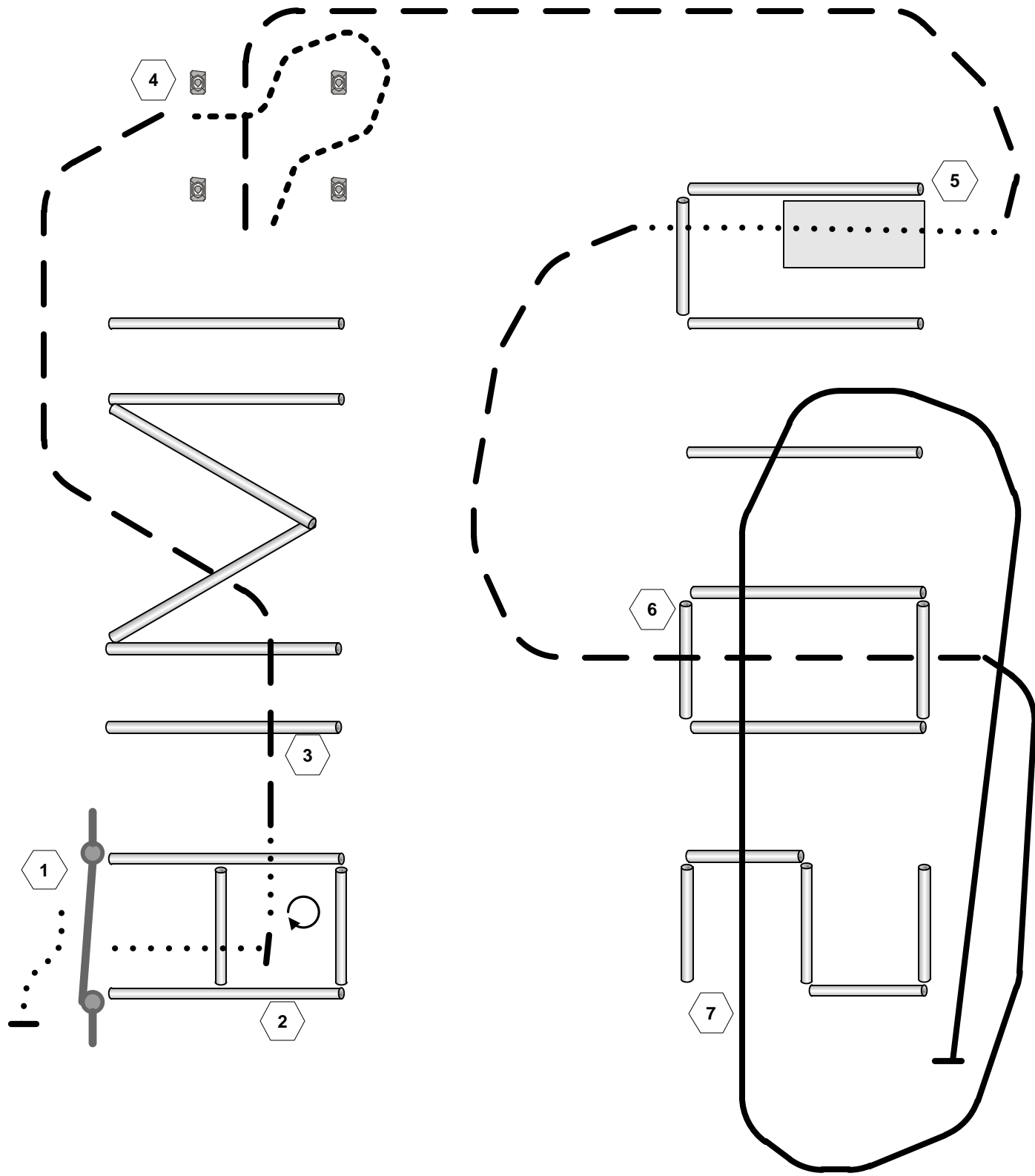
- Back
.....



- 1 Tor rückwärts aufstoßen
- 2 Jog over
- 3 Jog in, 270° rechts, walk out
- 4 Lope over
- 5 Brücke
- 6 Back up
- 7 Sidepass
- 8 Jog through, Lope over

- Walk
.....
- Jog

- Lope
—————
- Back
- . - . - .

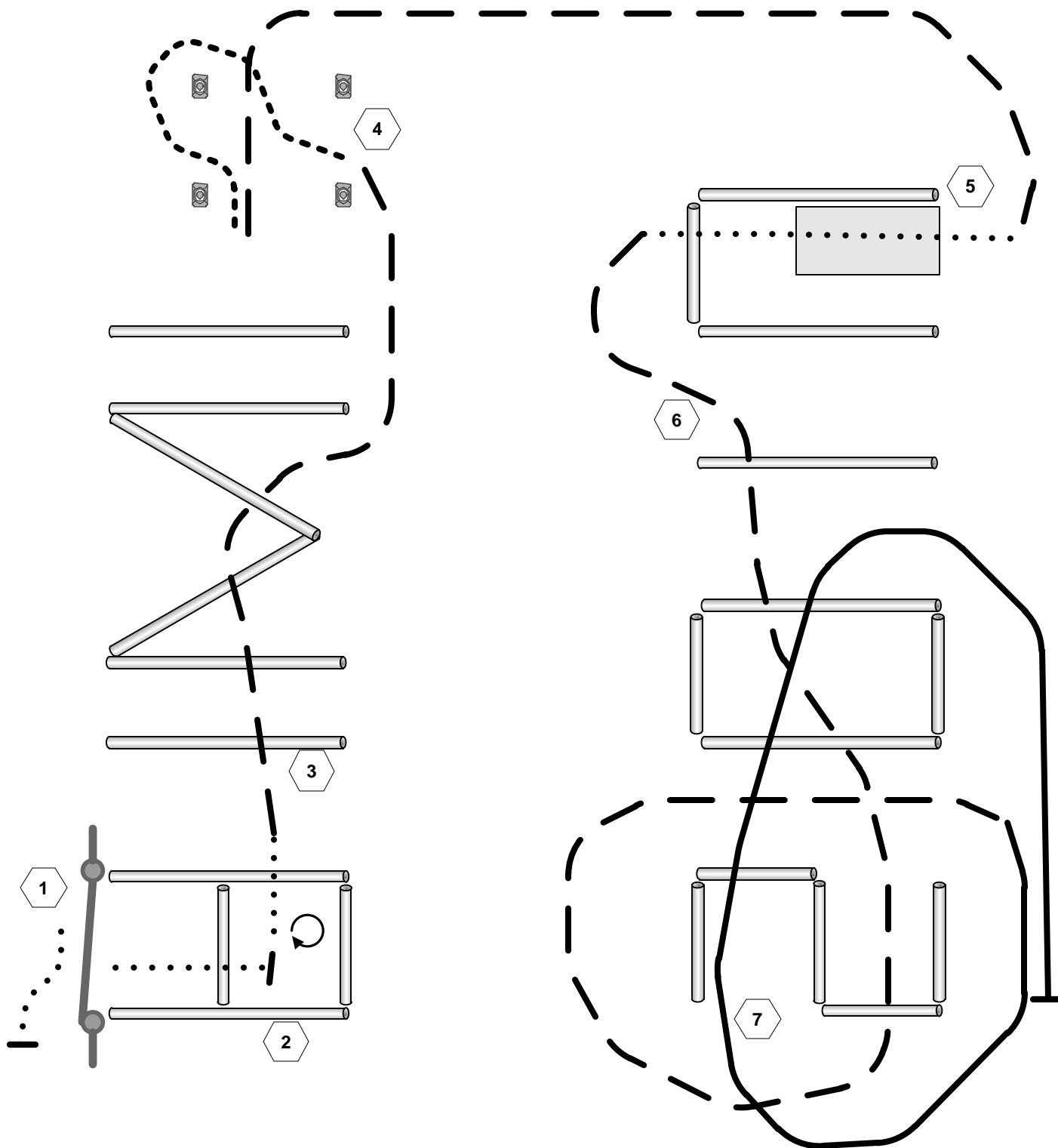


- 1 Tor
- 2 Walk in, 270° rechts, walk out
- 3 Jog over
- 4 Backup
- 5 Brücke
- 6 Jog over
- 7 Lope over

- Walk
.....
- Jog

- Lope

- Back
.....

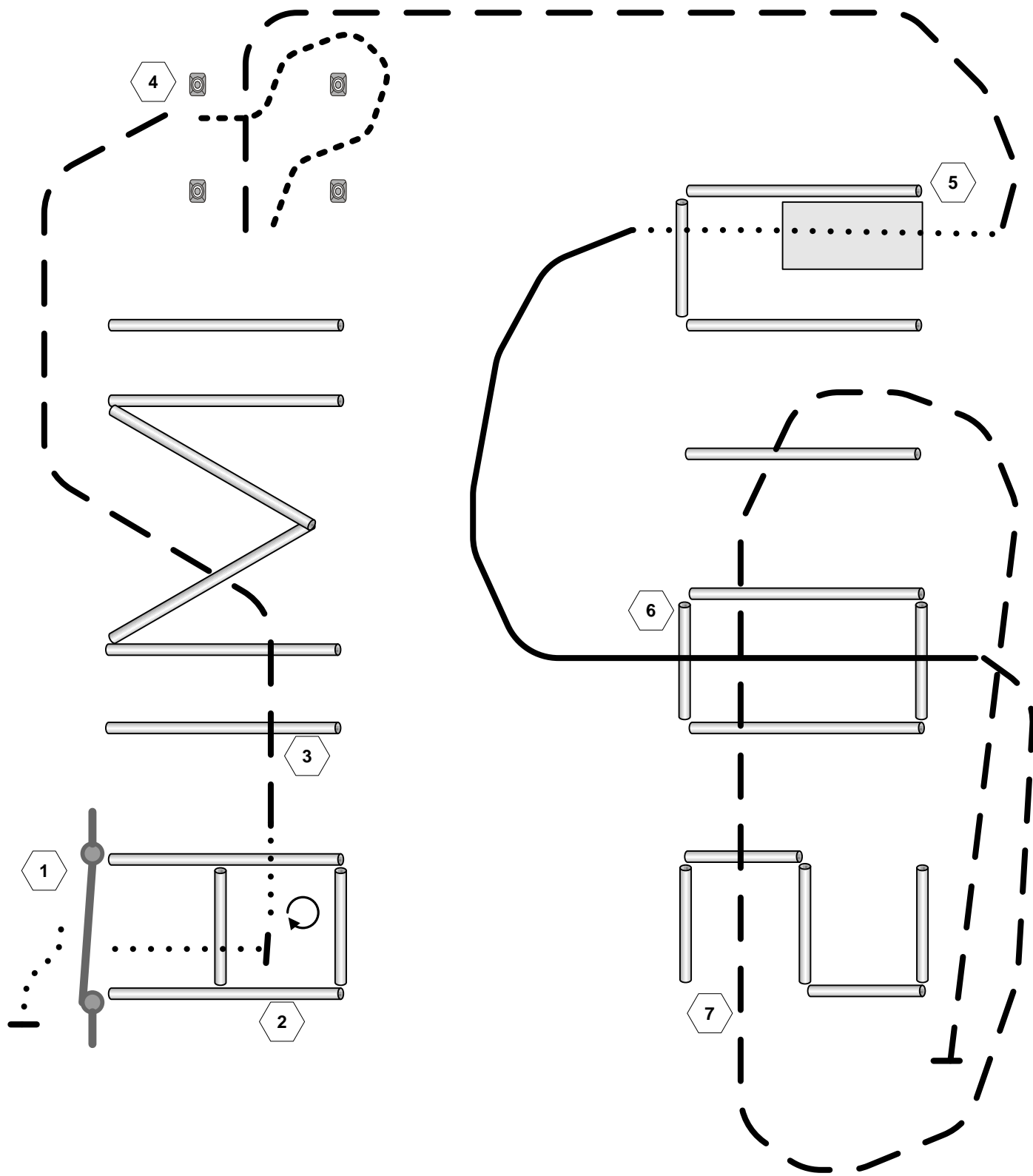


- 1 Tor vorwärts, aufziehen
- 2 Walk in, 270° rechts, walk out
- 3 Jog over
- 4 Backup
- 5 Brücke
- 6 Jog over
- 7 Lope over

- Walk
.....
- Jog

- Lope

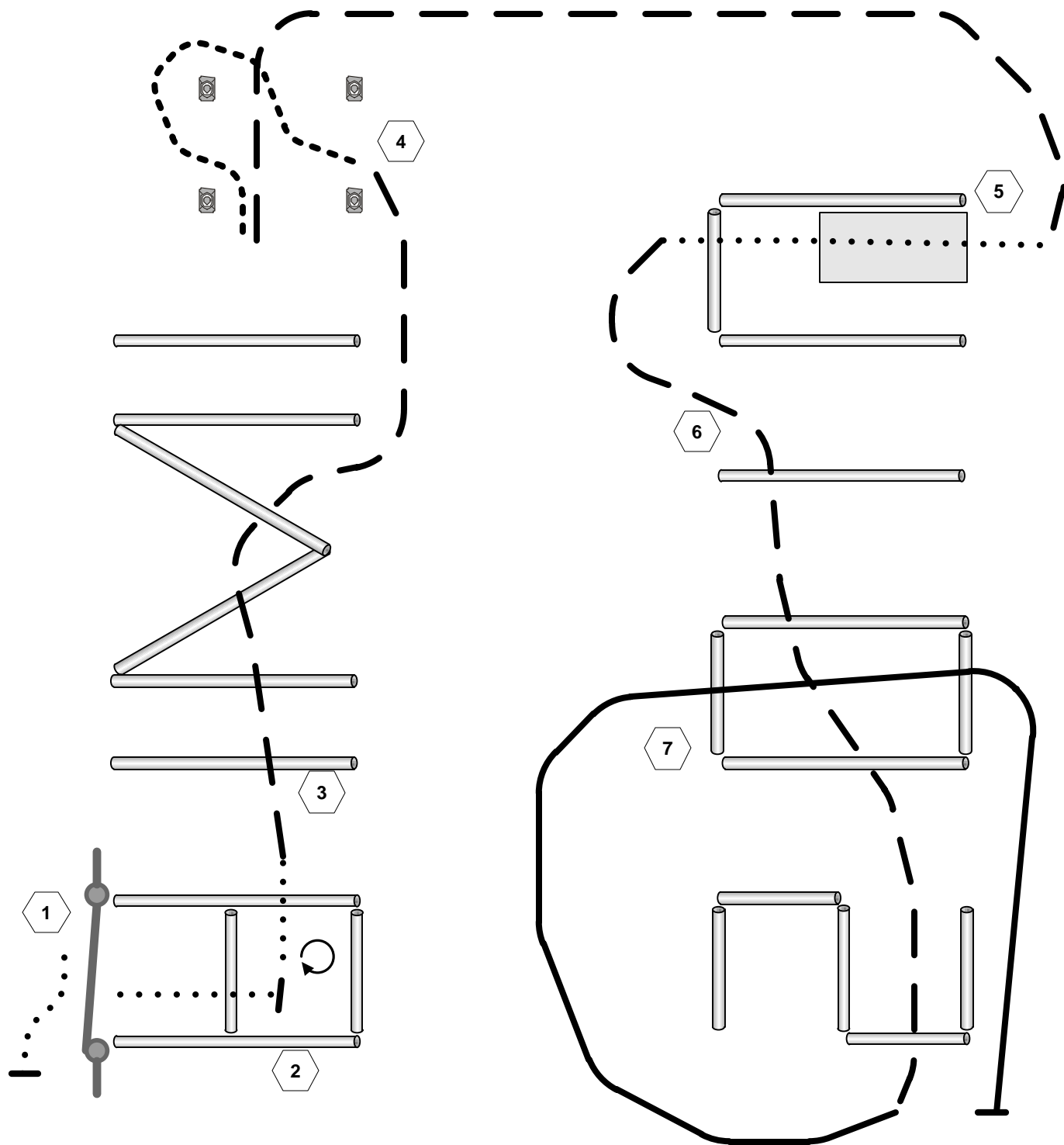
- Back
.....



- 1 Tor
- 2 Walk in, 270° rechts, walk out
- 3 Jog over
- 4 Backup
- 5 Brücke
- 6 Lope over
- 7 Jog over

- Walk
.....
- Jog
- - - - -
- Lope

- Back
.....

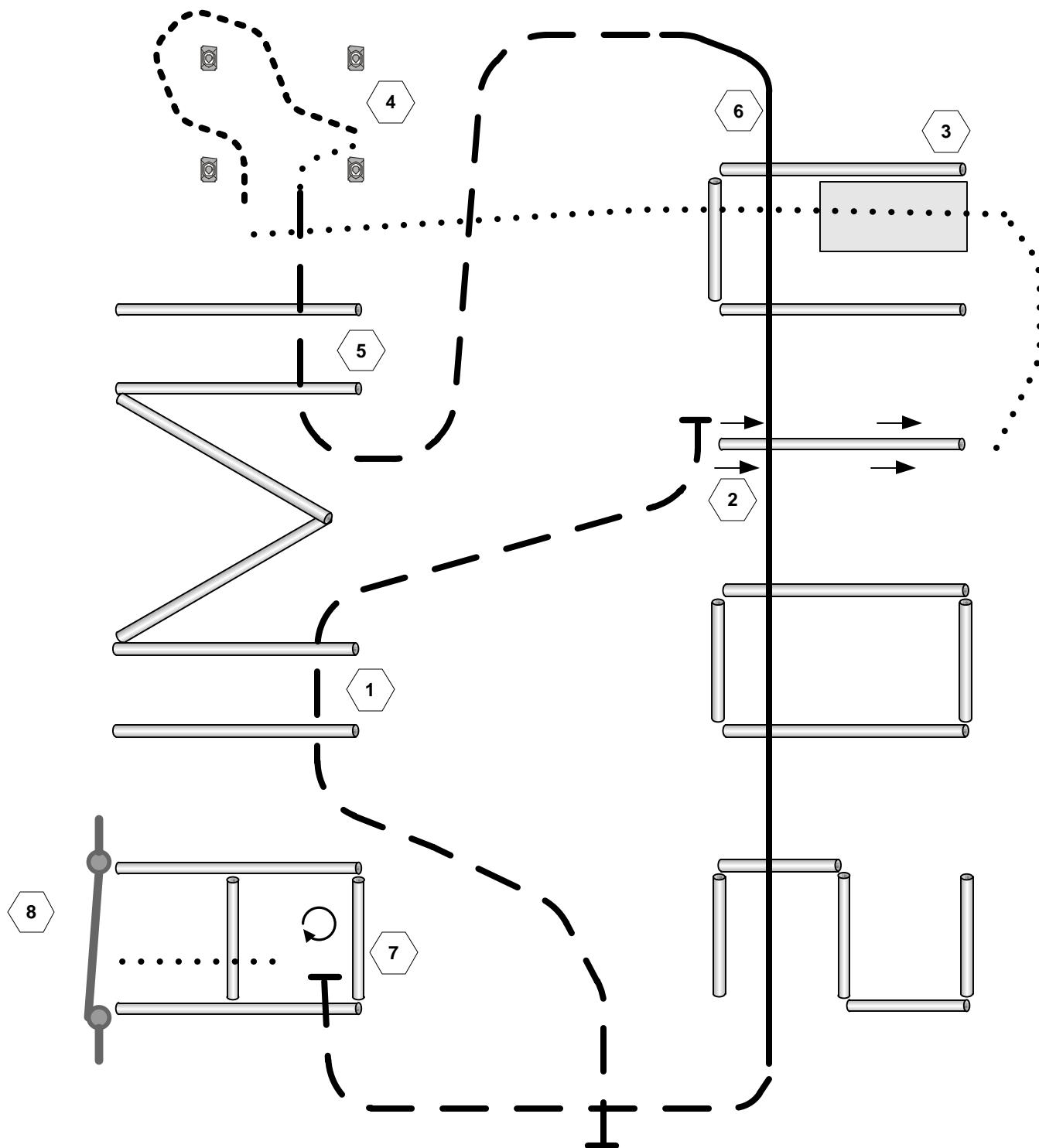


- 1 Tor vorwärts, aufziehen
- 2 Walk in, 270° rechts, walk out
- 3 Jog over
- 4 Backup
- 5 Brücke
- 6 Jog over
- 7 Lope over

- Walk
.....
- Jog

- Lope

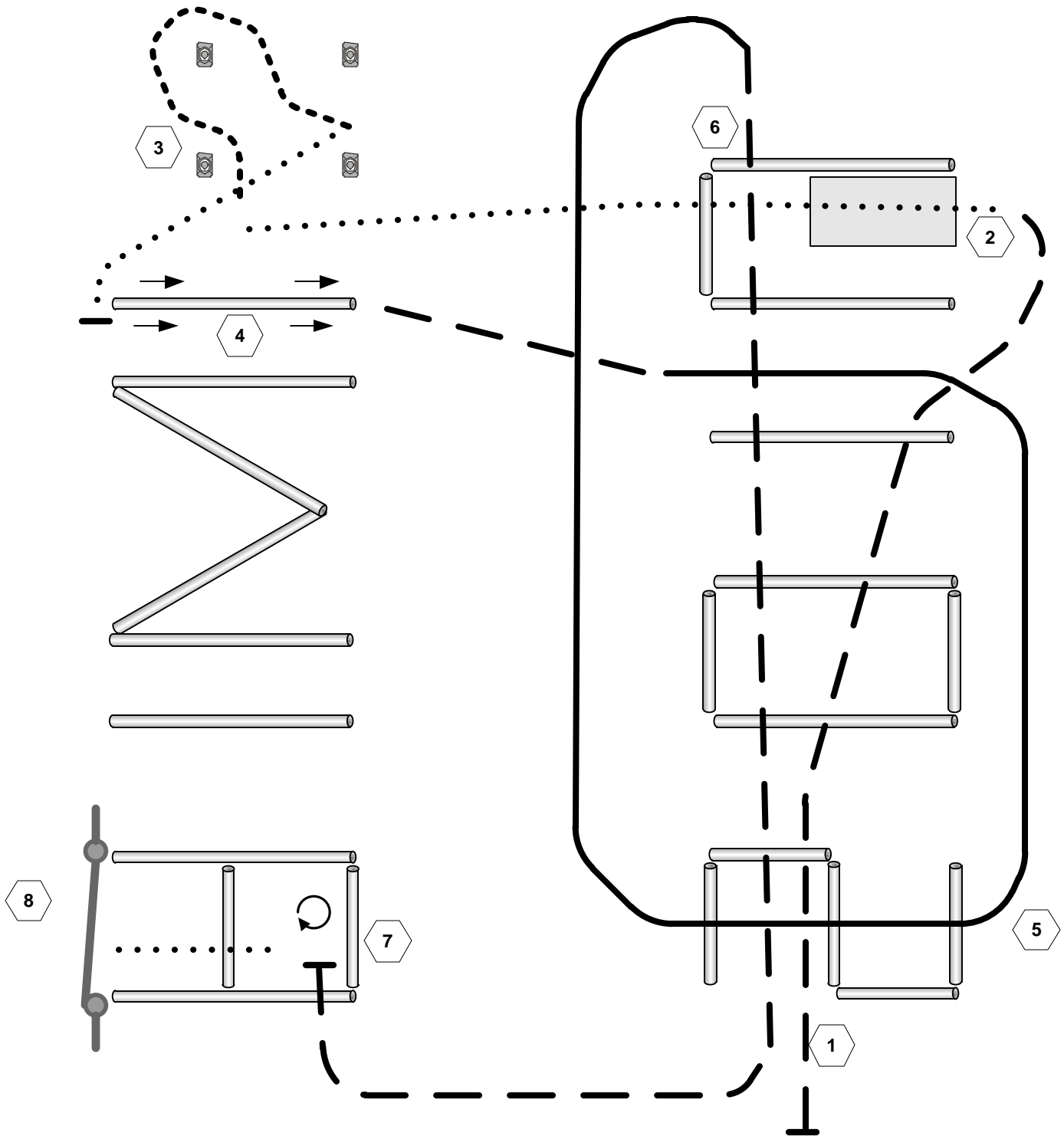
- Back
.....



- 1 Jog over
- 2 Sidepass
- 3 Brücke
- 4 Backup
- 5 Jog over
- 6 Lope over
- 7 Jog in, 270° rechts
- 8 Tor

- Walk
.....
- Jog

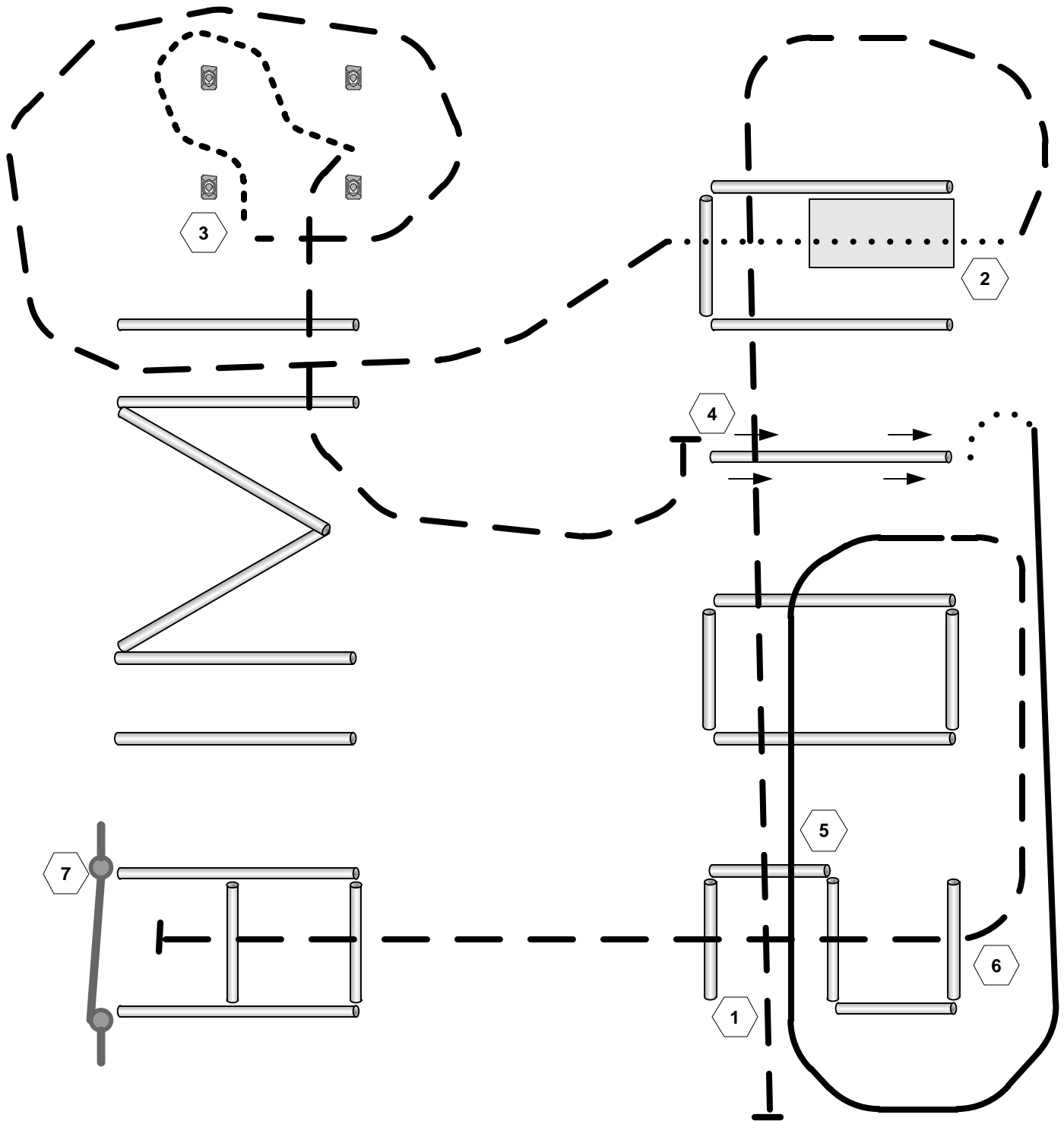
- Lope
—————
- Back
.....



- 1 Jog over
- 2 Brücke
- 3 Backup
- 4 Sidepass
- 5 Lope over
- 6 Jog over
- 7 Jog in, 270° rechts
- 8 Tor vorwärts

- Walk
.....
- Jog

- Lope
—————
- Back
—————



- 1 Jog over
- 2 Brücke
- 3 Backup
- 4 Sidepass
- 5 Lope over
- 6 Jog over
- 7 Tor rückwärts, aufstoßen

- Walk
.....
- Jog
- - - - -
- Lope

- Back
.....