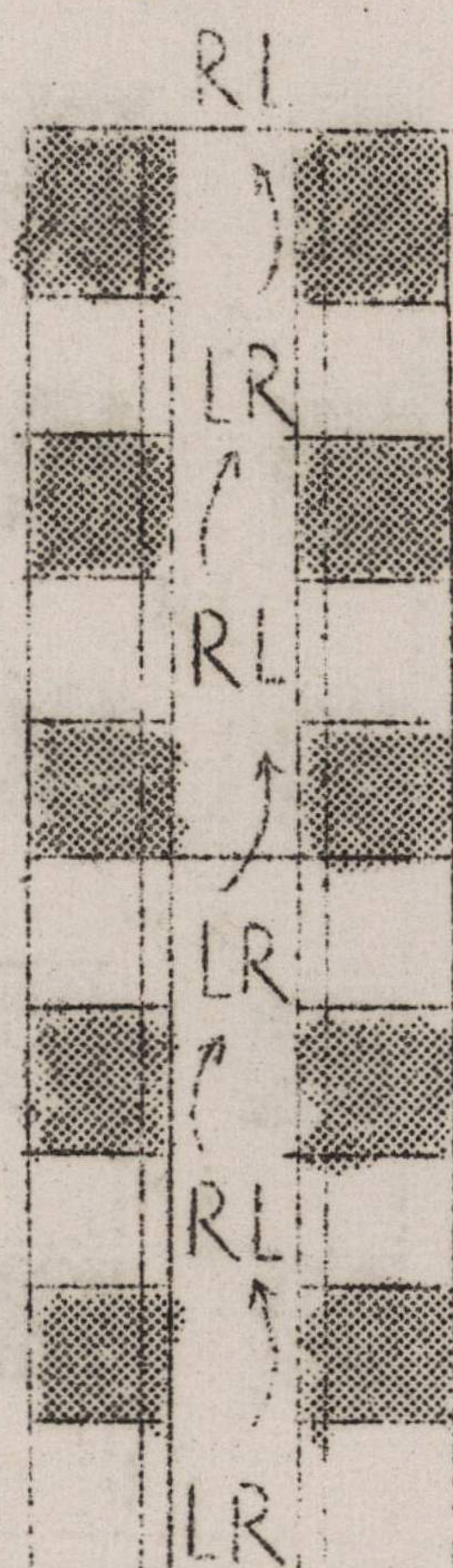
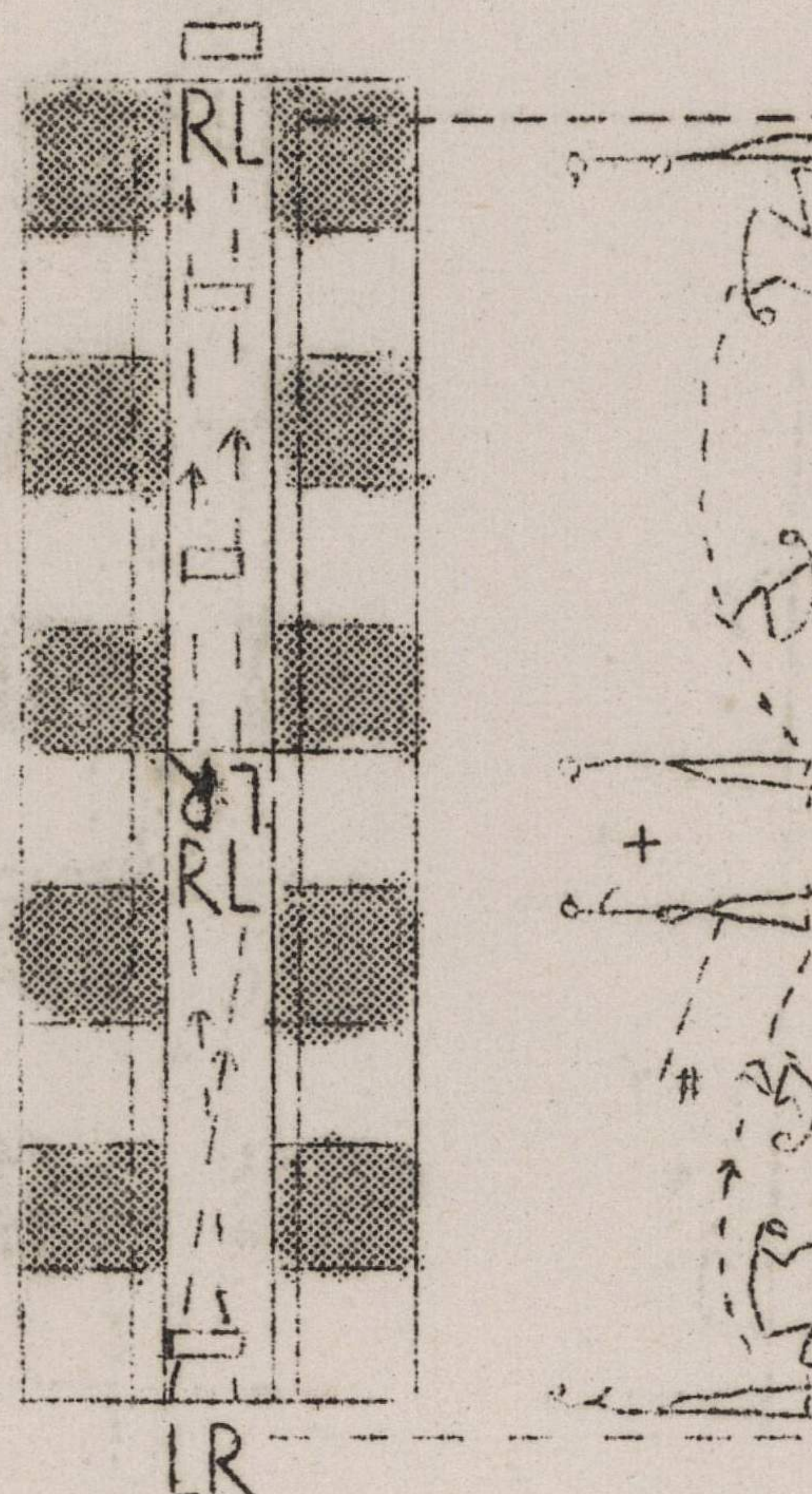


EXERCISE VIII
Half Turns Right and
Left, Alternate
finish



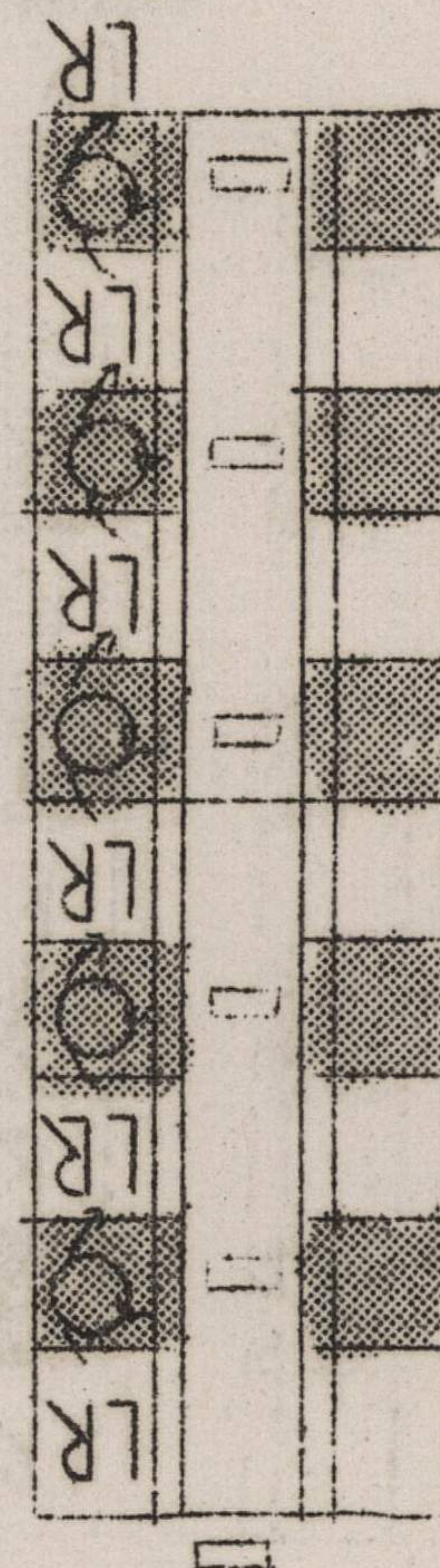
start

EXERCISE IX
Front and Back Roll
Combination
finish



start

EXERCISE X
Full Turns Jumping
finish



start

+ Uncross the legs, bringing an about face.
Legs crossed