



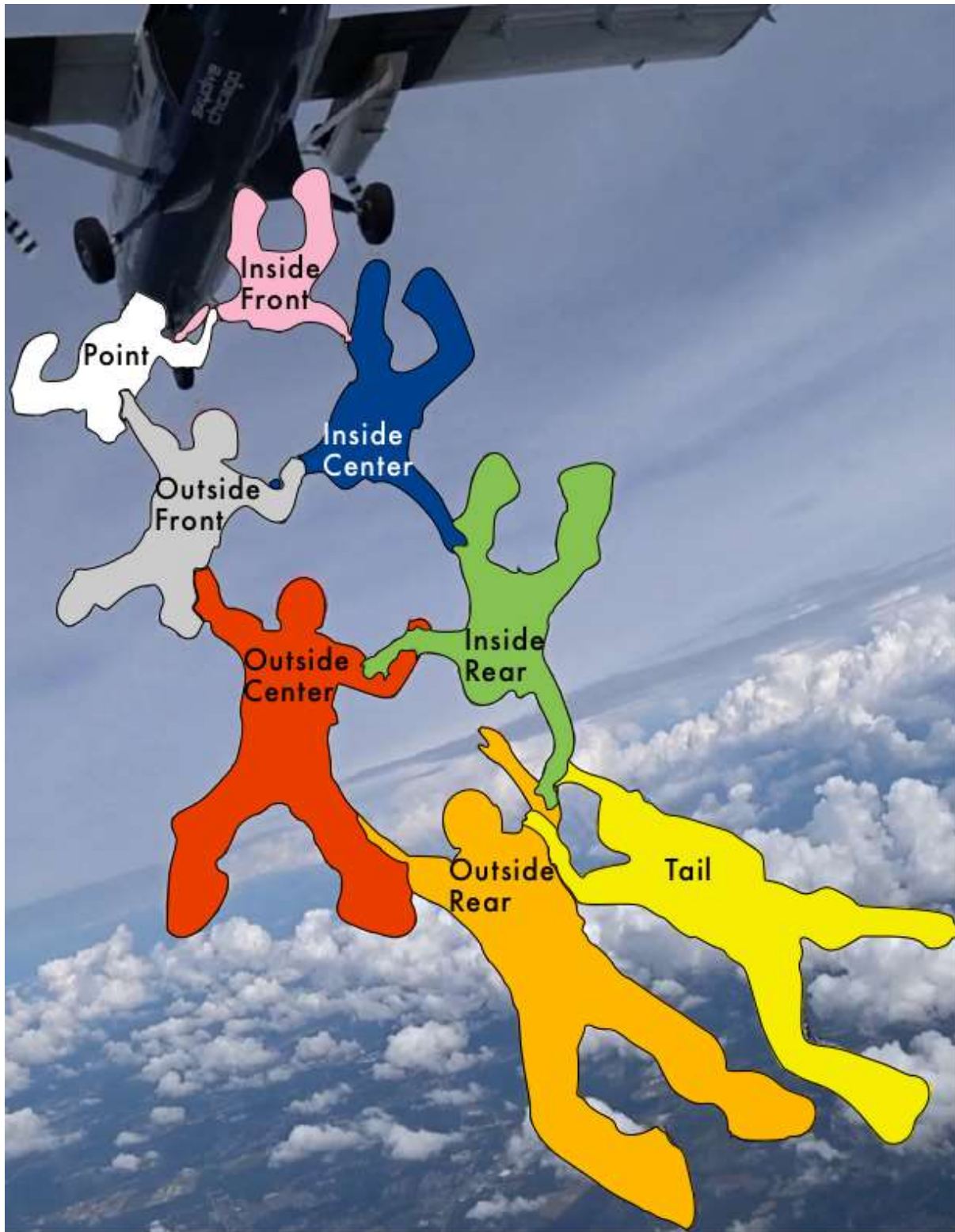
Tunnel Workshop
Eightway Skills Workbook



SDC Rhythm XP

8 Way Continuity Plan

Exit Frame



A



Caterpillar

B



Stairstep

C



Hourglass

D



Hope Diamond

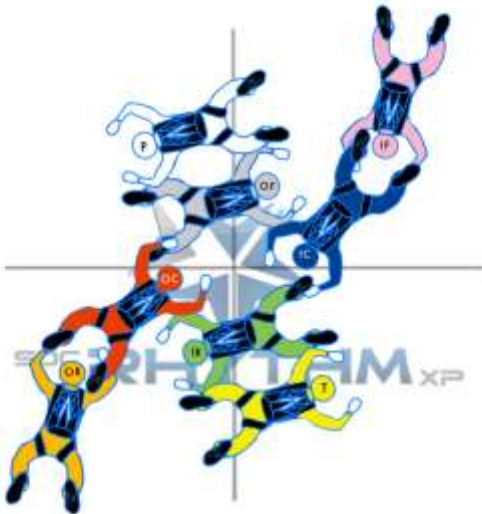
Alternate Engineering: Compressed
between OF/OC, IC/IR

E




Rubik

F

Diamond Flake

G



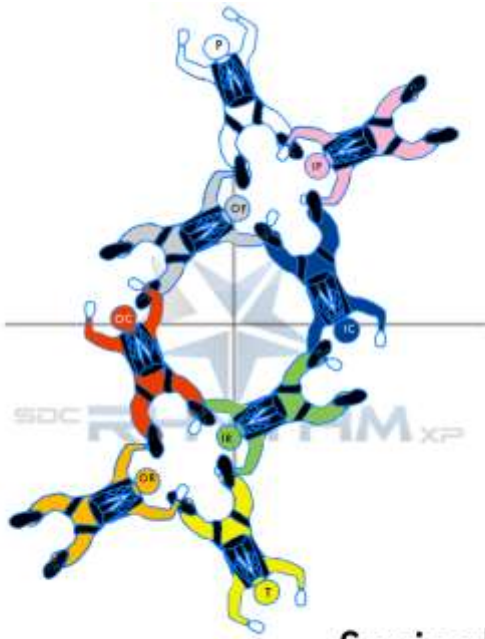
Arrowhead

Alternate Engineering: T and IR switch

H



Iriquois



Springbok

Alternate Engineering: right-handed donut in the center



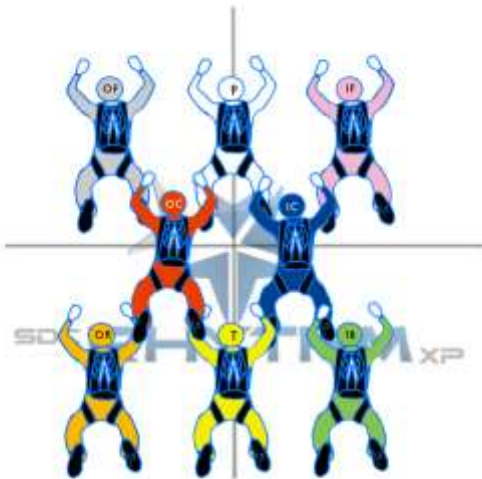
Crossbow

L
🔑



Open Facing Diamond

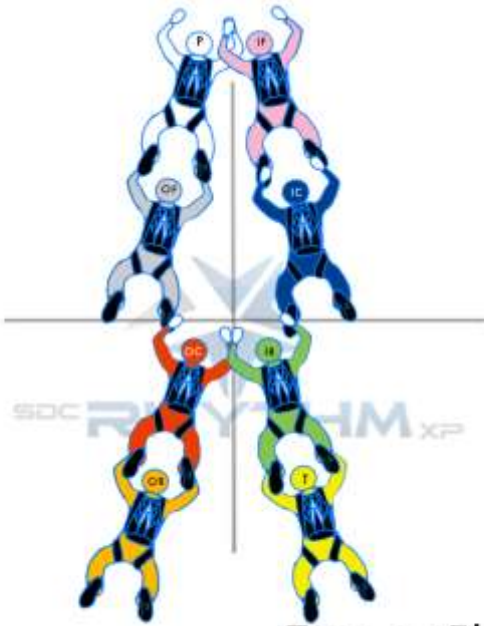
M
🔑



Double Spiders

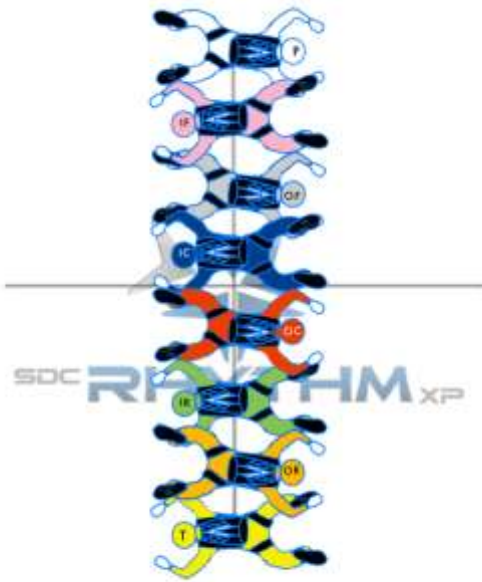
Alternate Engineering: P and OF switch, T and IR switch

N



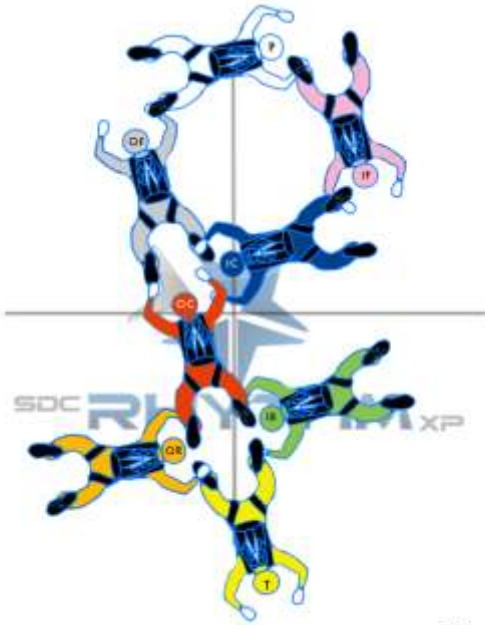
Zipper Flake

O



Compressed

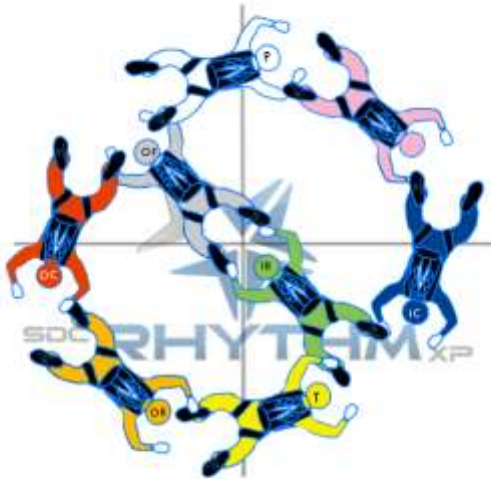
P
P
P



Venus

Alternate Engineering: IC takes cat on IR; bipole and donut are switched

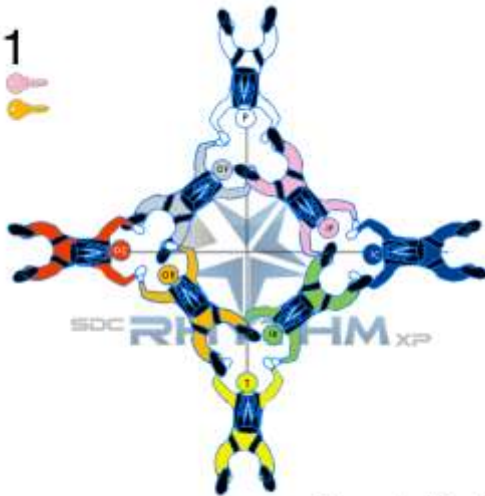
Q
Q
Q



Compass

Alternate Engineering: IC takes cat on OC

1



Donut Flake

1



Inter

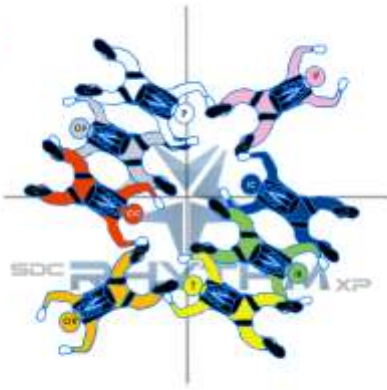
1



Donut Flake

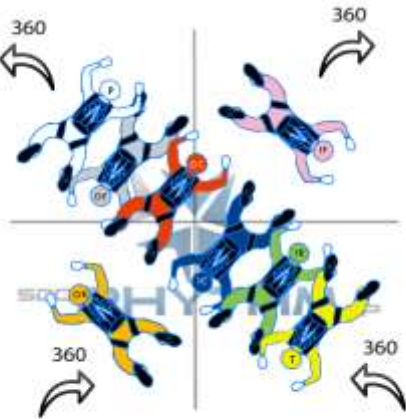
Alternate Engineering (4 common options): Left-handed vs right-handed donut; switch the outside people with the inside people

2
9 1



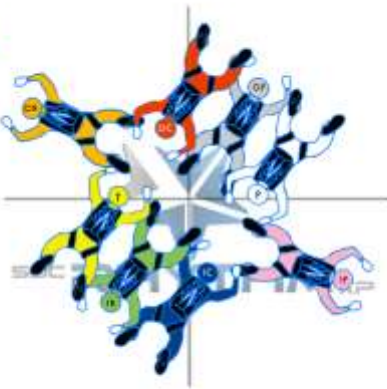
Swiss Bear

2



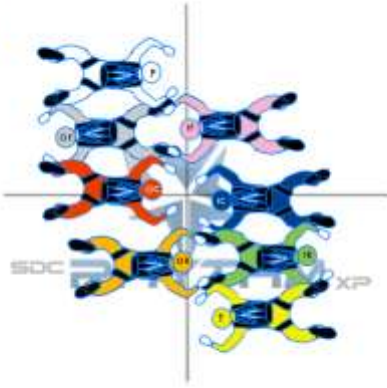
Inter

2
9 1



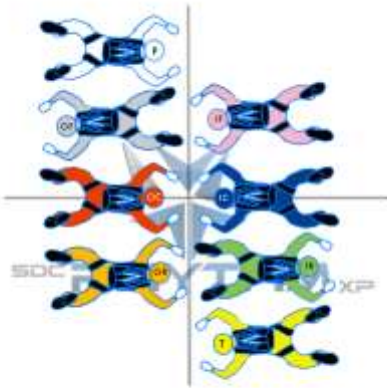
Swiss Bear

3
🔑



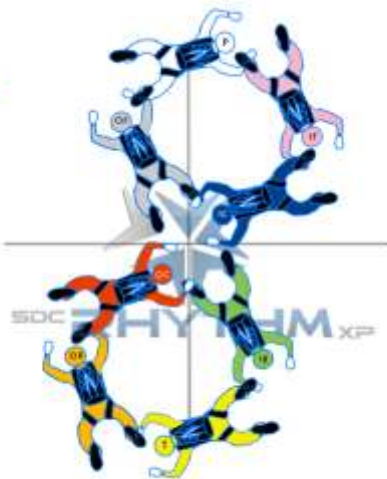
Chinese Tees

3



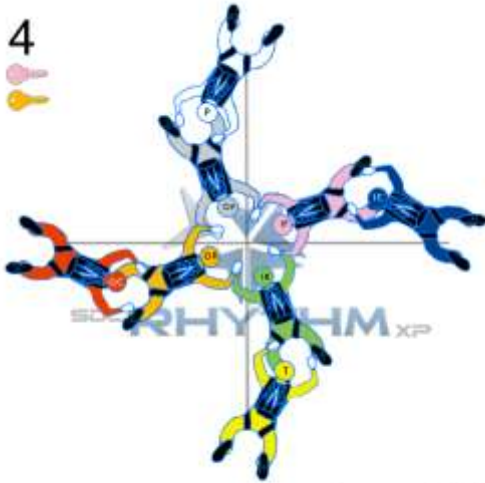
Inter

3
🔑



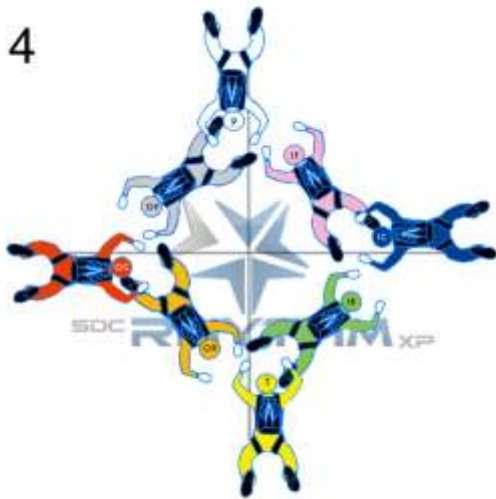
Donuts

4



Snowflake

4



Inter

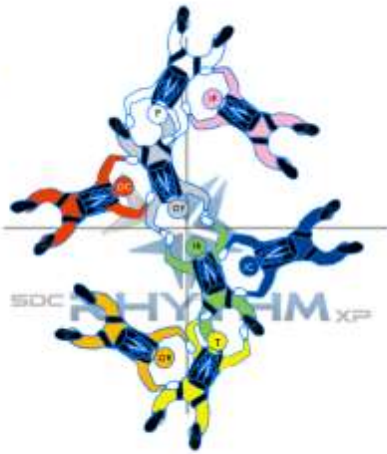
4



In-out

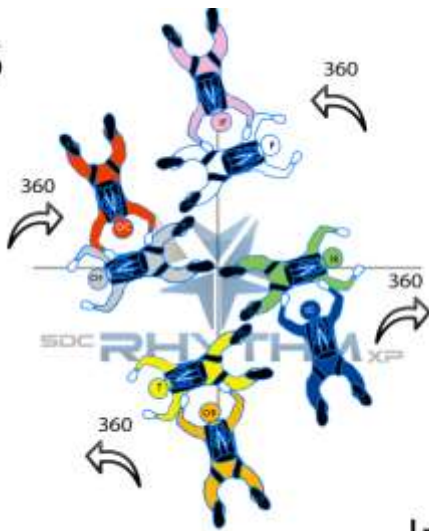
Alternate Engineering (3 common options): Partner swapped (e.g. OC cats OF, OF steps left; Partner switch (e.g. OF cats P, P steps left); The option depicted here

5



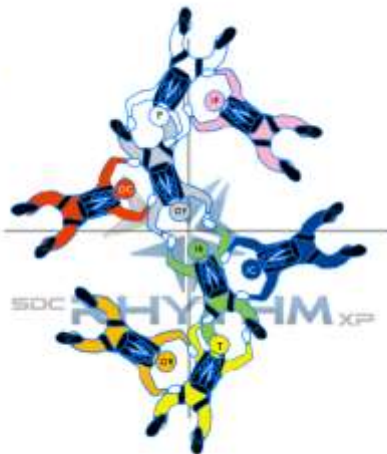
Crank

5



Inter

5



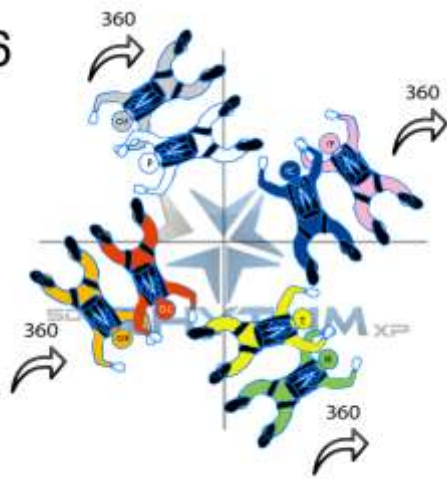
Crank

6



Star

6



Inter

6



Star

7
🔑



Nacho

7



Inter

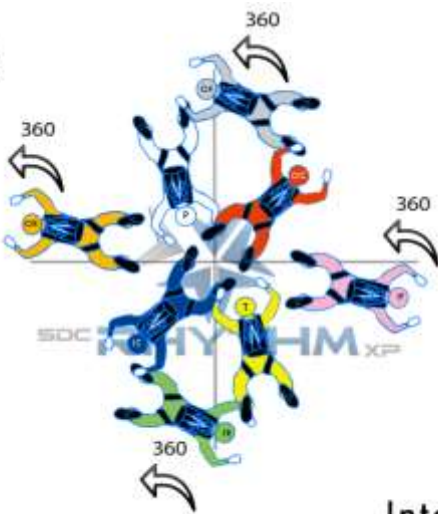
7
🔑



Nacho



Frisbee



Inter

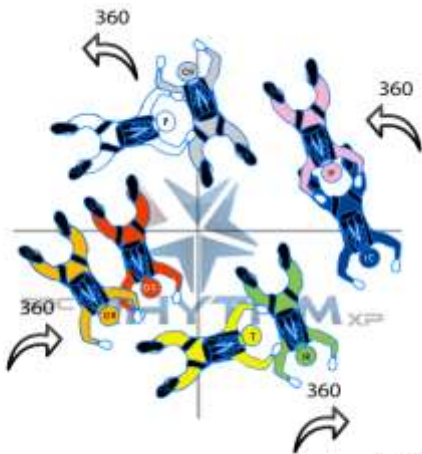


Frisbee

Alternate Engineering: OR and IF in-facing in bipole, P and T to the right of OF and IR respectively, P and T are solo flyers



Taj



Inter



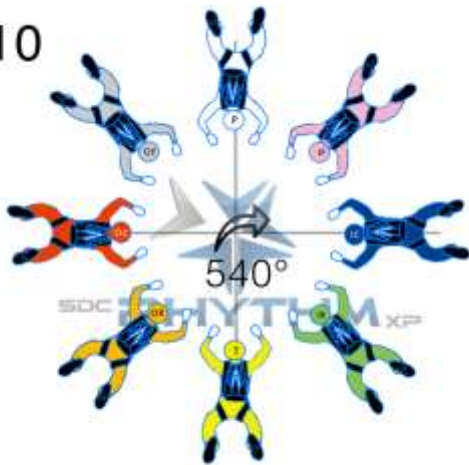
Mahal

10



Donut

10



Inter

10



Donut

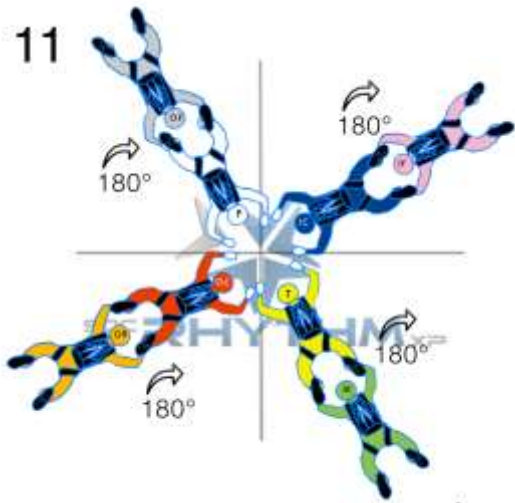
Alternate Engineering: Top of block in left-handed donut

11



Norwegian Box

11



Inter

11



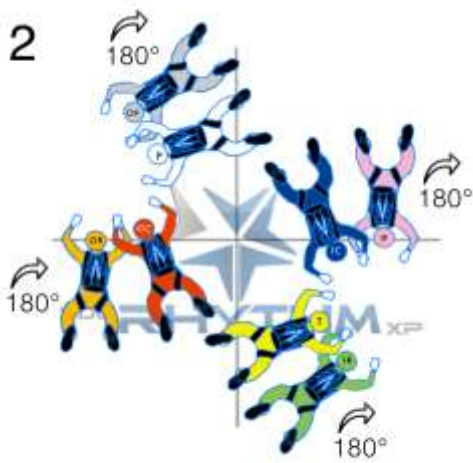
Norwegian Donut

12



Stereo Bipole

12



Inter

12



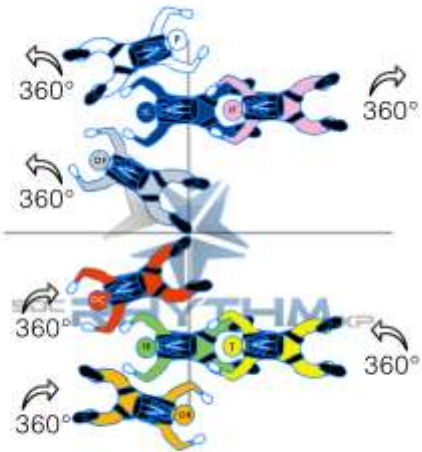
Stereo Bipole

13



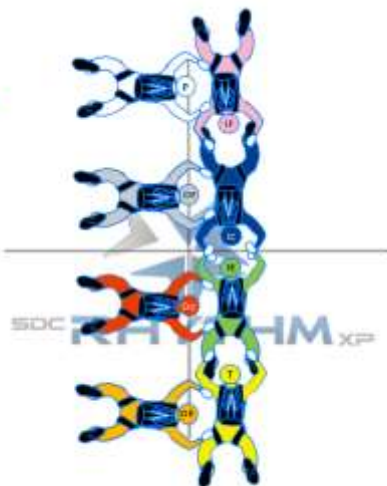
Double Satellite

13



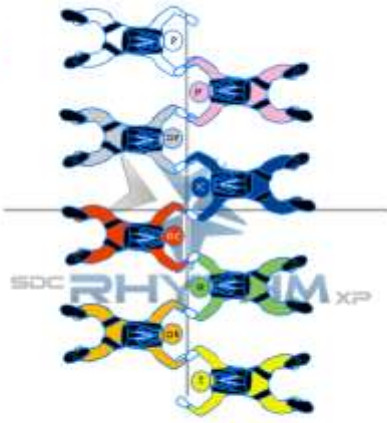
Inter

13



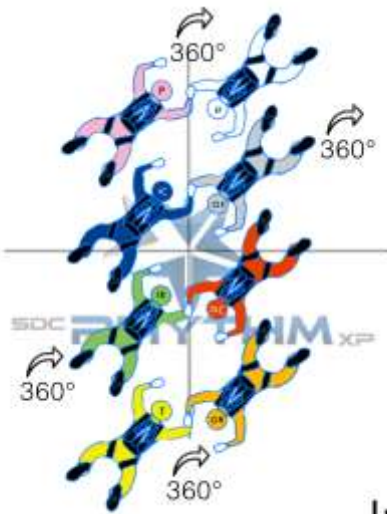
Double Satellite

14

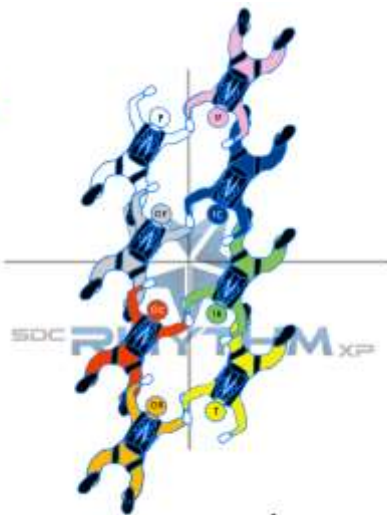
Open

14



Inter

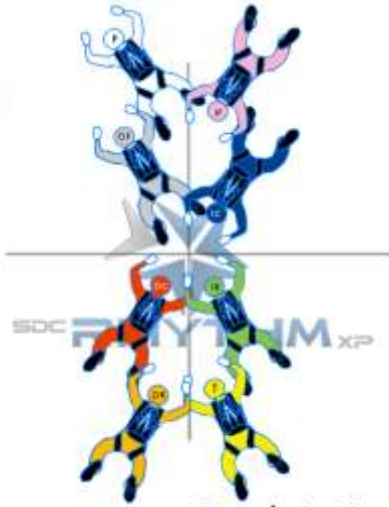
14

Opposed Stairstep

Alternate technique: two-ways cog on level

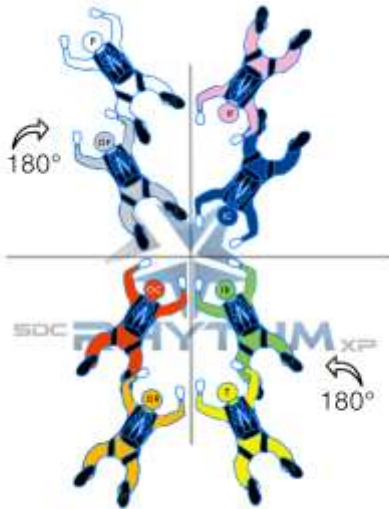
15



Opal & Zipper

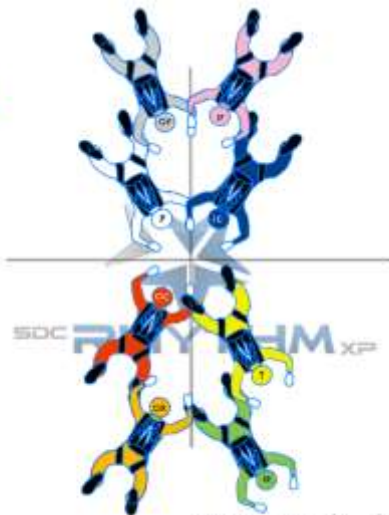
Alternate Engineering: Front piece begins as zipper, back piece begins as opal

15



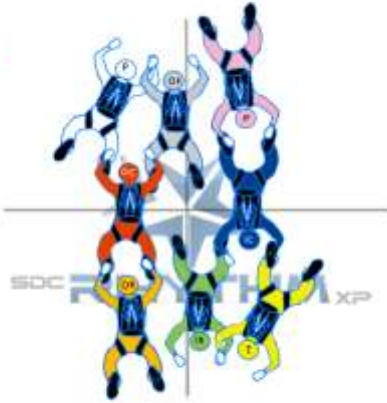
Inter

15



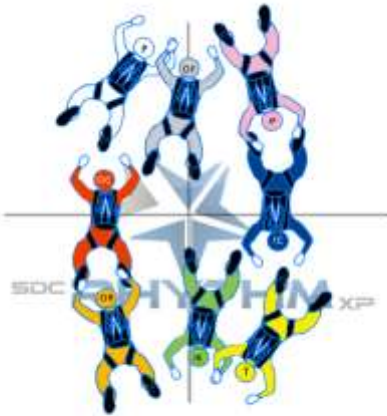
Zipper & Opal

16



Canadian Tees

16



Inter

16



Monopods

17



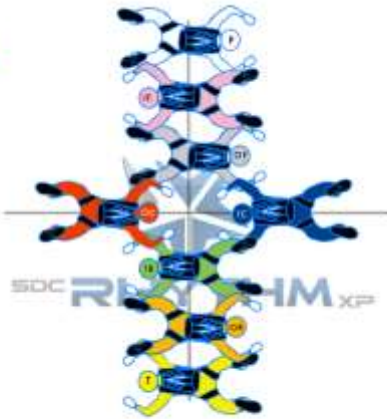

Buzzard

17



Inter

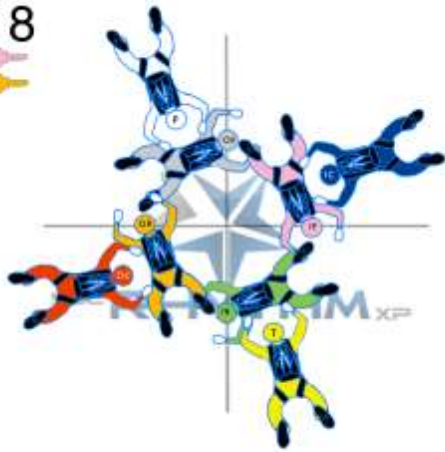
17

Buzzard

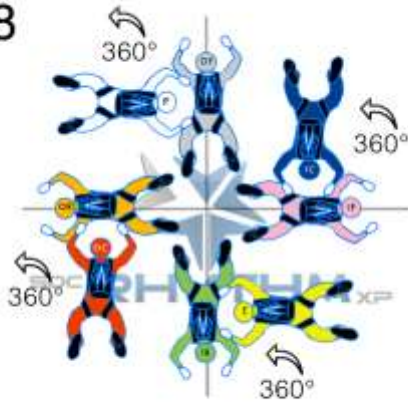
Alternate technique: compressed pieces spin backwards

18



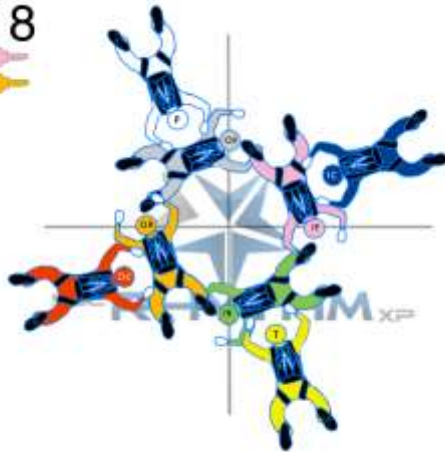
Sidebody Donut

18



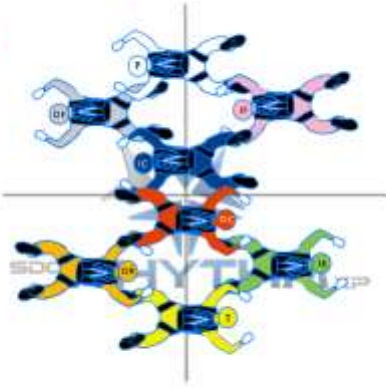
Inter

18



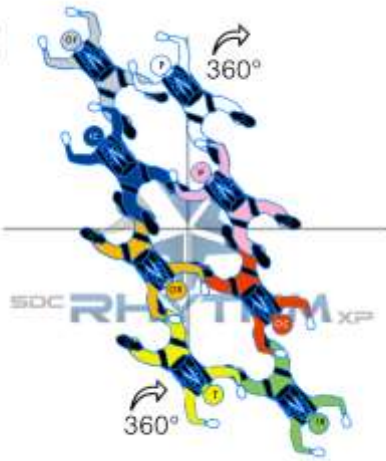
Sidebody Donut

19



Compressed Diamonds

19



Inter

19



Compressed Diamonds

20



Cat Diamond

20



Inter

20



Cat Accordion

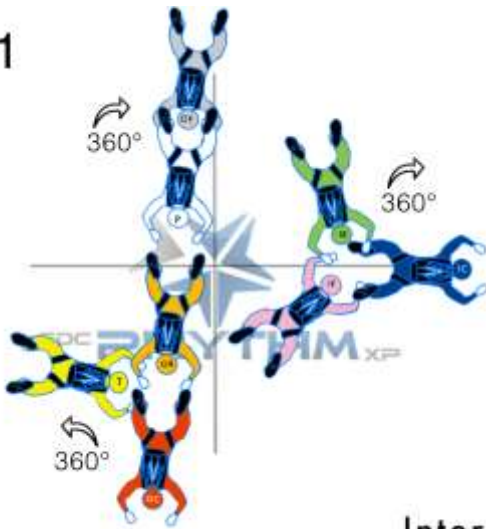
Alternate Engineering: Front cat turns left

21



Stereopod

21



Inter

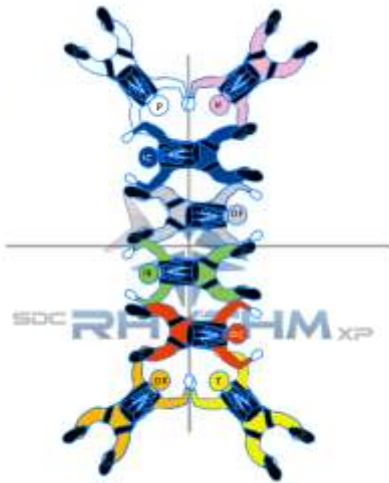
21



Stereopod

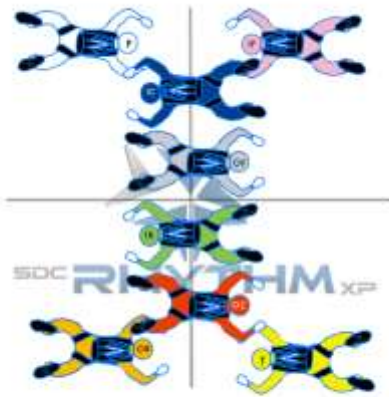
Alternate Engineering: Front cat spins left

22



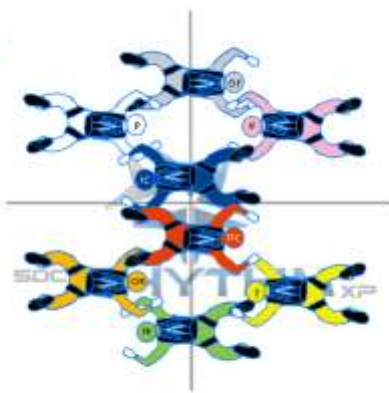
Old Bone

22



Inter

22



Comp. Stairstep Diamonds