

# W/J Trail

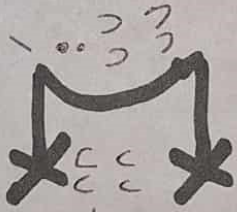


⑤ Break to walk -  
walk to mailbox - stop & show letter



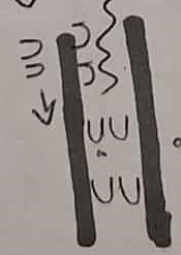
⑥ Jog towards gate  
break to walk -  
work gate Right Handed

④ Jog over poles



① Start in back  
through facing bridge -  
Back through poles

⑦ Pivot 90° left -  
walk through Poles  
& over bridge to exit.



② 90° Pivot on  
forehand & Side  
pass to middle  
of pole

③ walk over  
poles

