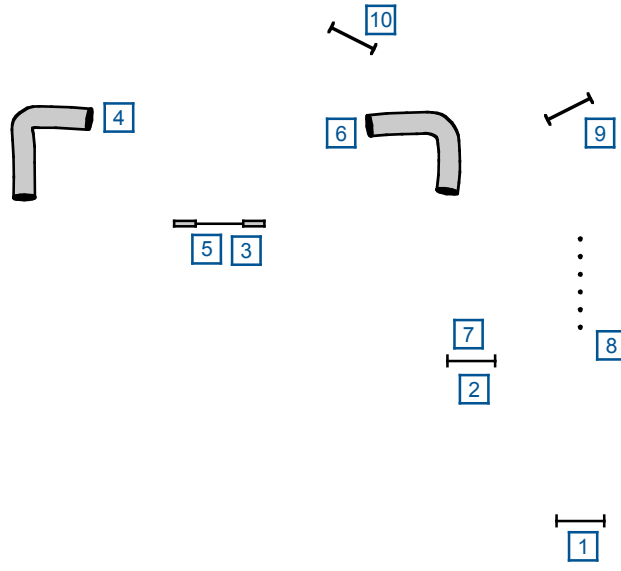
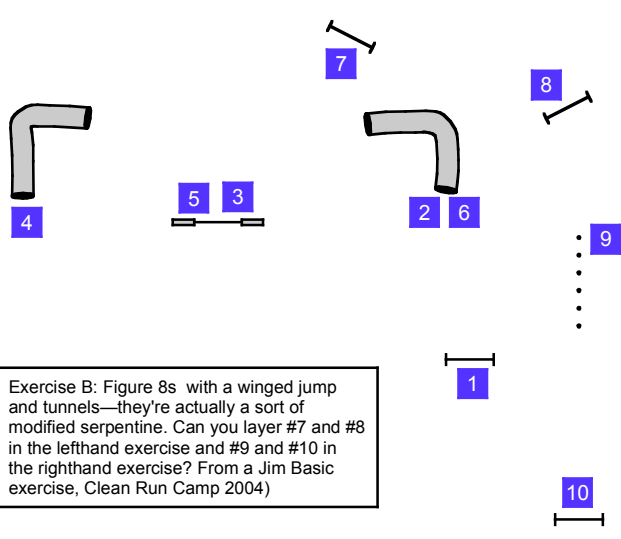
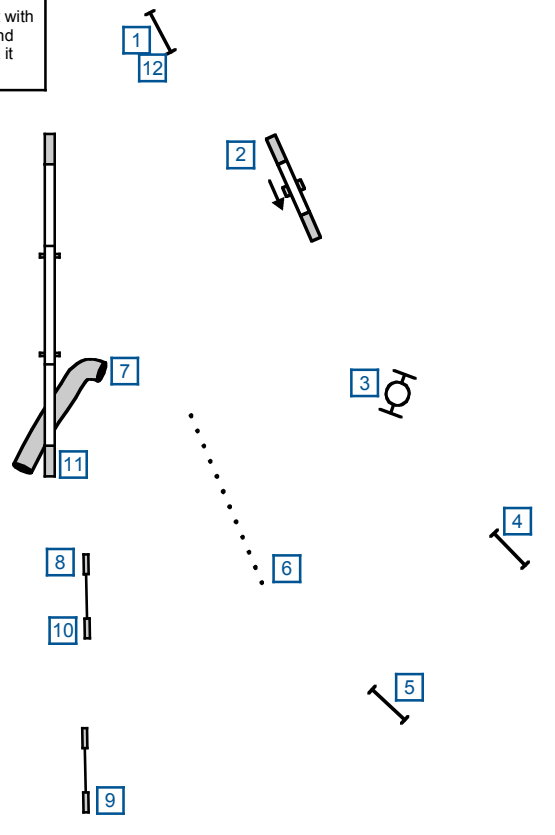
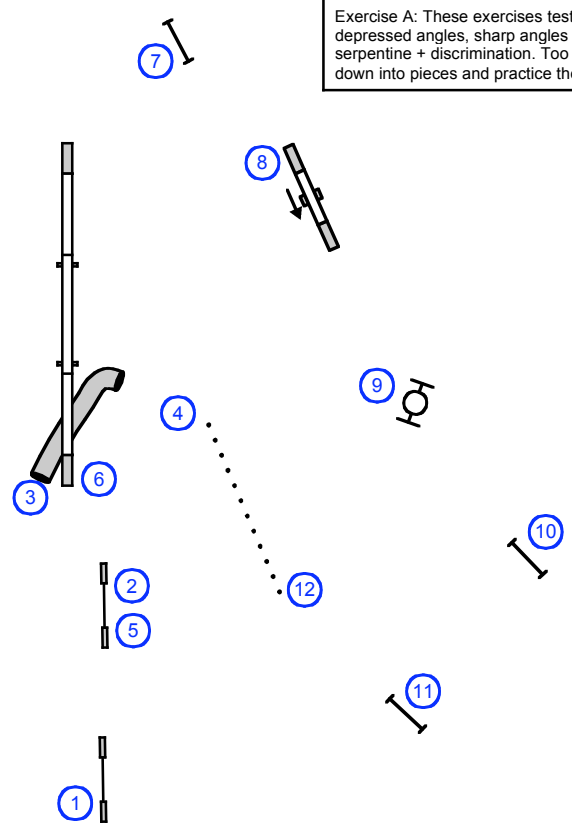


Exercise A: These exercises test your comfort with depressed angles, sharp angles to weaves, and serpentine + discrimination. Too much? Break it down into pieces and practice the pieces.



Exercise B: Figure 8s with a winged jump and tunnels—they're actually a sort of modified serpentine. Can you layer #7 and #8 in the lefthand exercise and #9 and #10 in the righthand exercise? From a Jim Basic exercise, Clean Run Camp 2004)