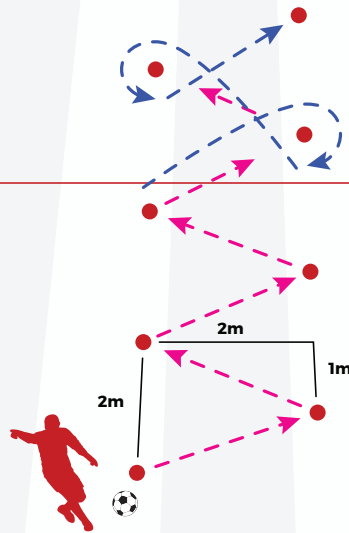


5.

Link 4 efforts together around 8 cones.
Inside cut, outside cut, sole only, loop (see blue arrows).
Always return to the start cone and finish on the start cone.
Post your best time linking all 4 together and returning to start cone.



VARIATIONS

Make up your own combinations using cryuff turn, Ronlado chops etc and post up online for others to see varying degrees of difficulty.