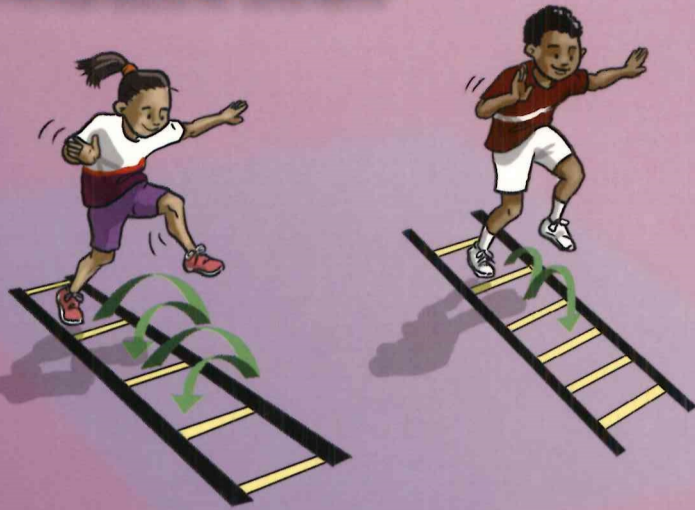
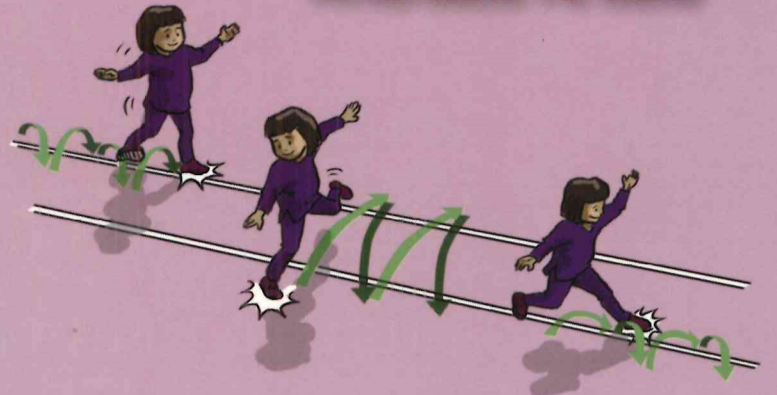


**CHANGE STRIDES
SPEED UP AND SLOW DOWN**



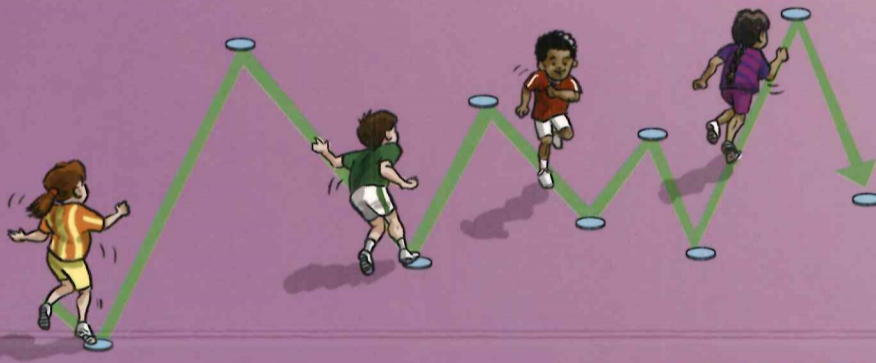
**FORWARD
AND SIDE TO SIDE**



**DIFFERENT
SIDEWAYS
MOVEMENT**



RUN CURVES

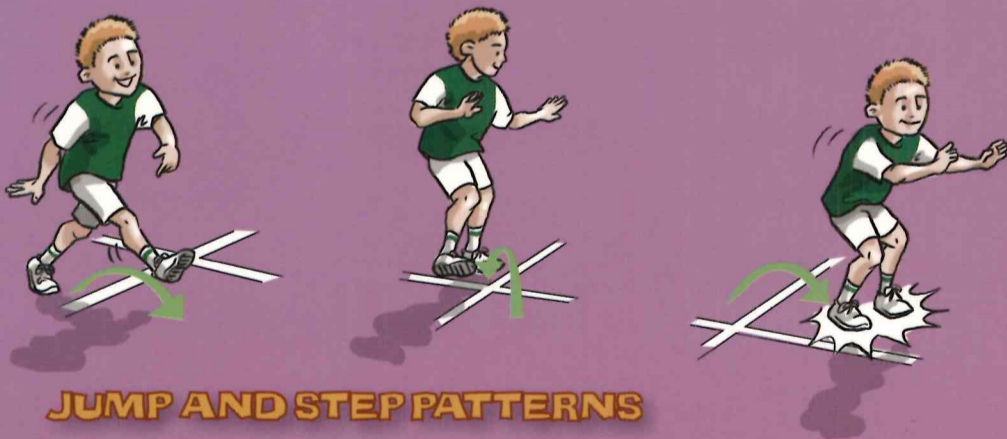


**ICE SKATING
WITH
DYNAMIC STEPS**

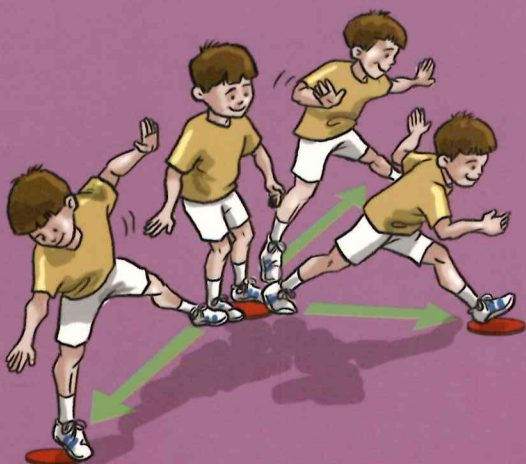


RUN CURVES

JUMP AND STEP PATTERNS



RACE-A-TEAM



FORWARD AND SIDEWAYS

