

# HOP



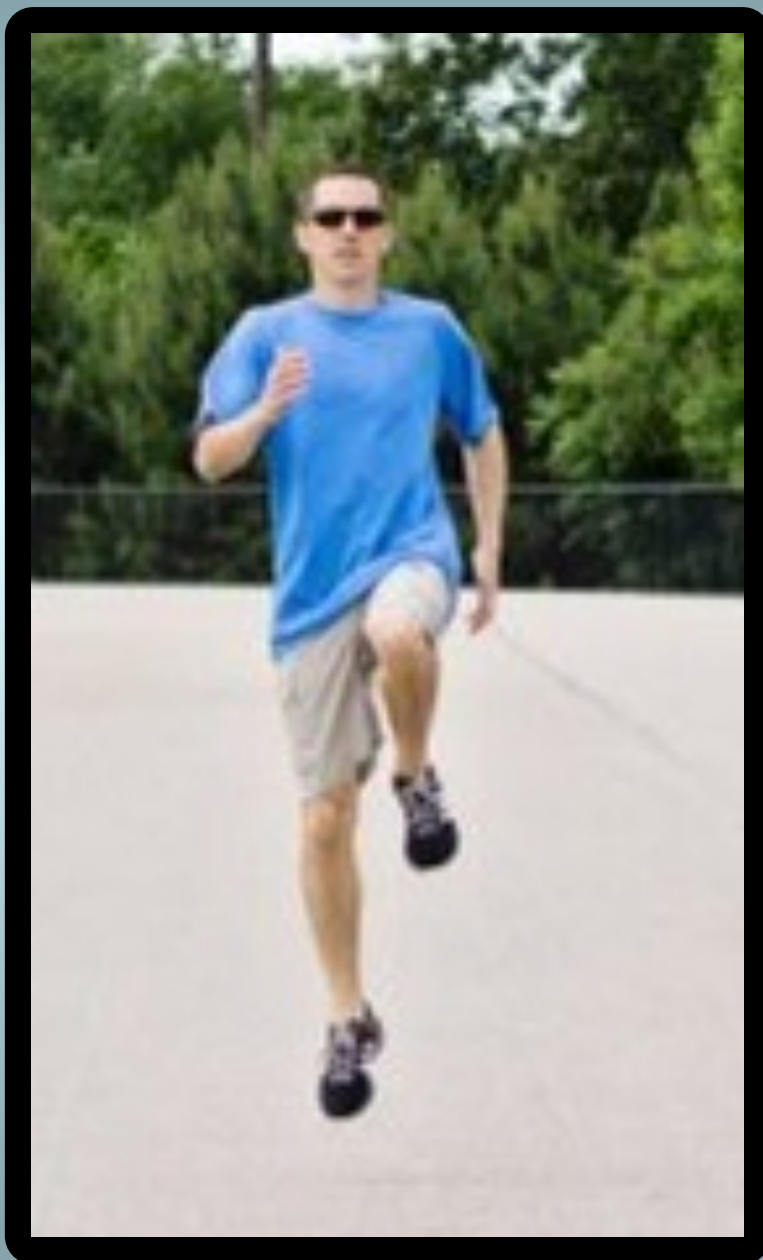
LIFT UP, LAND SOFTLY, ON ONE FOOT

# JUMP



**PUSH UP, FEET TOGETHER**

# SKIP



# STEP & HOP



# SLIDE



# STEP, TOGETHER

# GALLOP



# STEP, TOE TO HEEL

# LEAP



**PUSH, GIANT STEP, SOFT LANDING**



# RUN/JOG



STEP FAST, HEEL TO TOE, SWING ARMS