

Forward 3-Turn Pattern
in
Adult Pre-Bronze MIF
(replaces Alternating Forward 3-Turns, PM Pattern 4)

Note - Both forward outside 3's and both forward inside 3's, are included. After one completes one side of the arena, then return down the other side of the arena on the other foot.
That is, using the LFI -3 and the RFO - 3, etc.

