

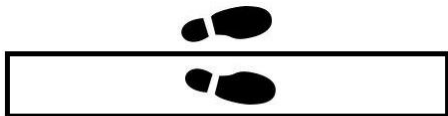
THE HORNET

PATTERN



PART 1

(The ready position for this pattern is one foot in the ropes and one foot outside (see diagram below))



1	Jump 1	
2	Jump 2	
3	Jump 3	
4	Jump 4	

PART 2

5	Jump In	
6	Jump Out	
7	Jump In	
8	Jump On	