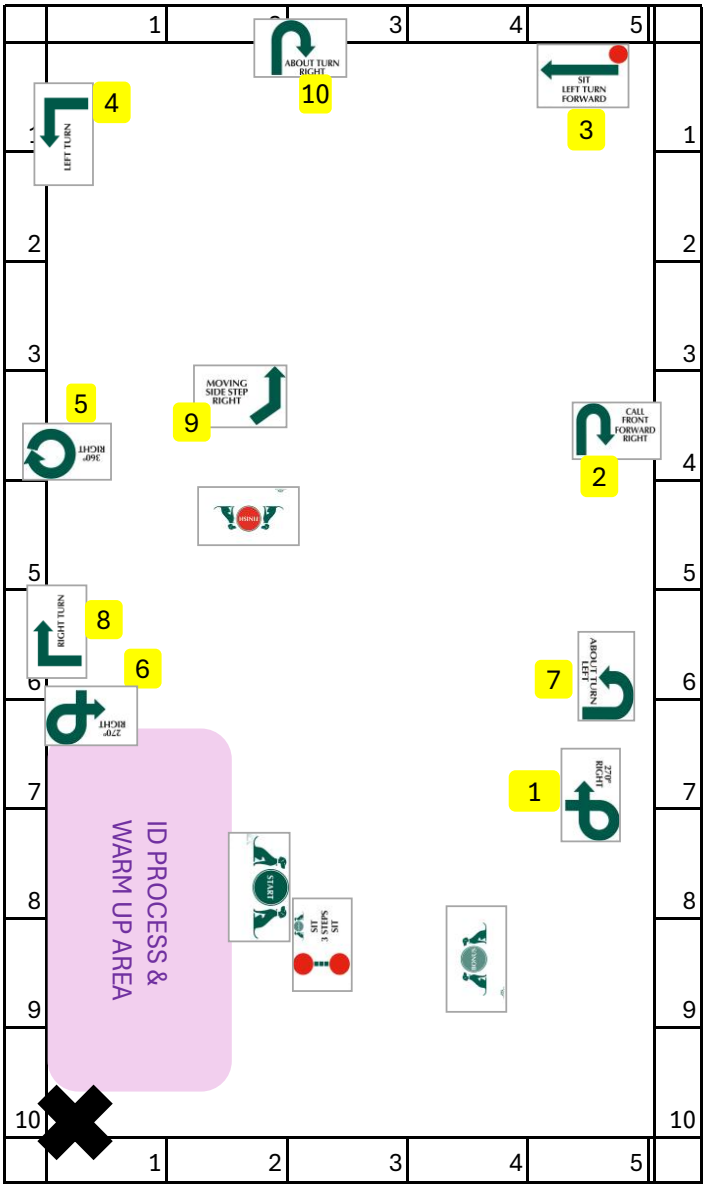
## *ROL February 2026  Level 1*




| Start | | Exercise | RKC ex no |
|---|---|---|---|
| | 1 | 270 Right | 9 |
| | 2 | Call front forward right | 11 |
| | 3 | Sit, left turn forwards | 20 |
| | 4 | Left turn | 6 |
| | 5 | 360 Right | 10 |
| | 6 | 270 Right | 9 |
| | 7 | About turn left | 8 |
| | 8 | Right turn | 5 |
| | 9 | Moving sidestep | 18 |
| | 10 | About turn right | 7 |
| Finish | | | |
| Bonus | | Sit, 3 steps, sit | B3 |

Tiebreaker Bonus = B1

Notes - working area on course must be no smaller than 4 x 8m

If space available, permissible to spread course out more.