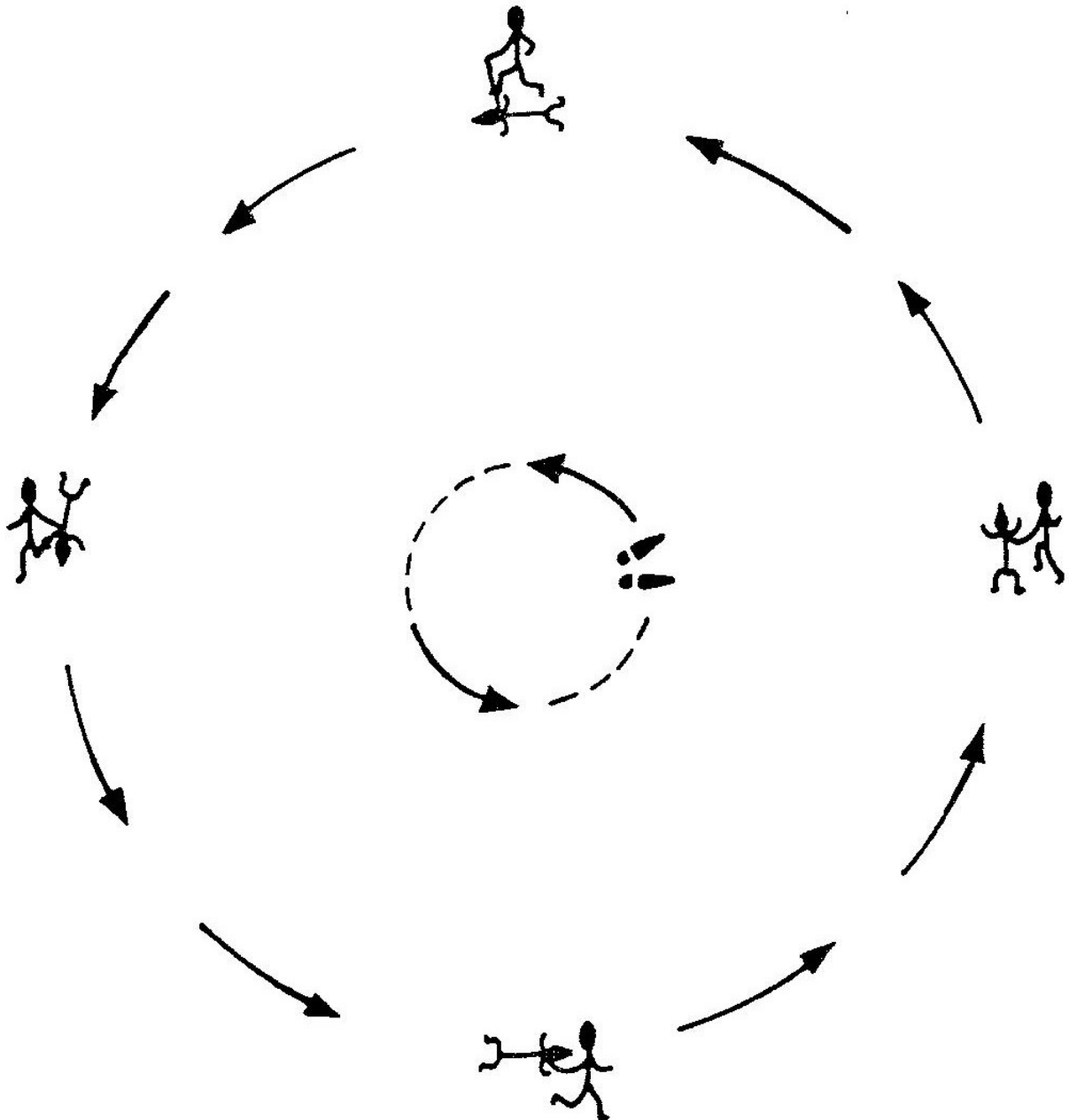
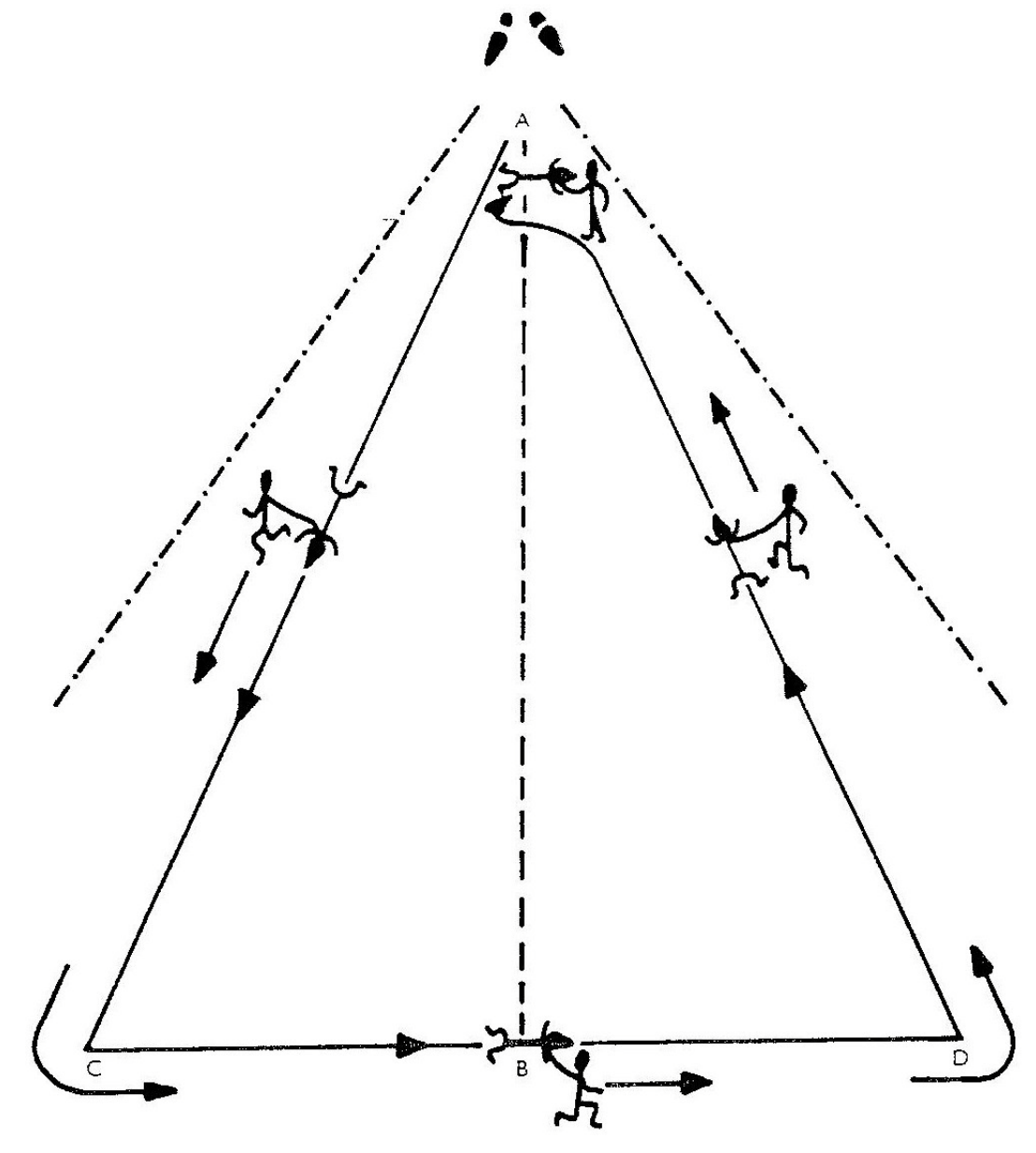


**RING EXERCISES AS REFERRED TO IN SCHEDULES 5E(12) REG 8.1.7
and 5K REG 4.1.7**

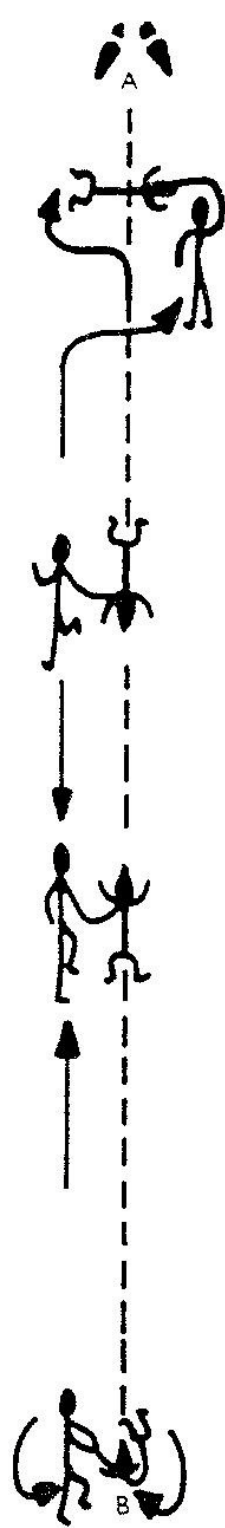
1. THE CIRCUIT



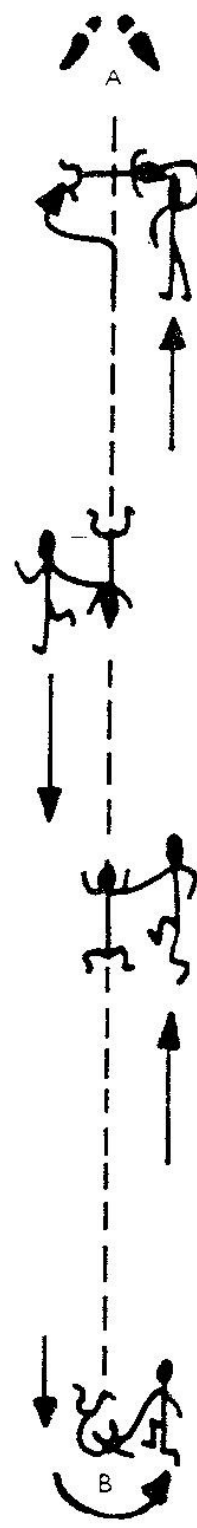
2. THE TRIANGLE



3. THE AWAY AND BACK / UP AND DOWN

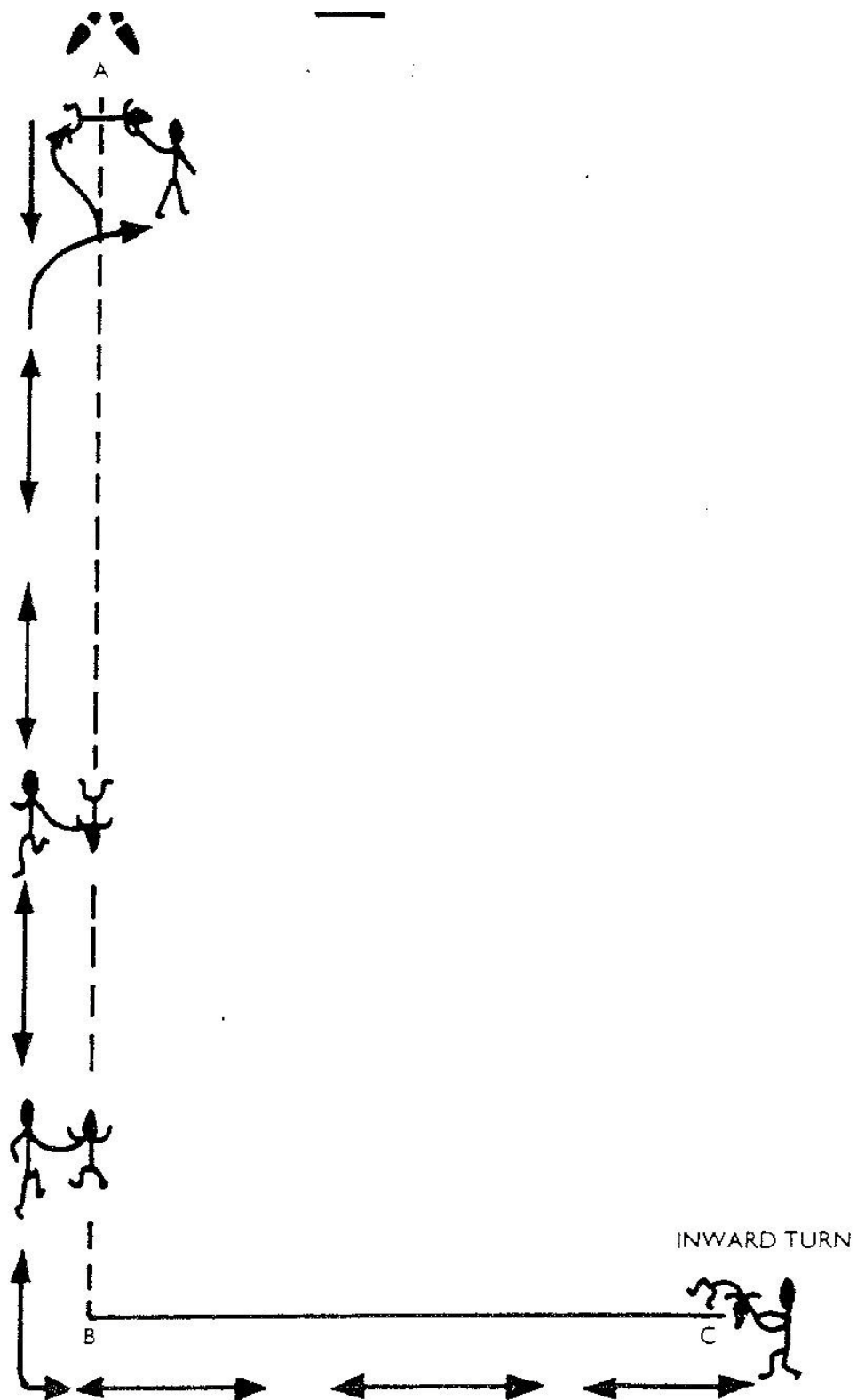


INWARD TURN



SHOW TURN

4. THE "L"



5. THE "T"

