

1

Simple Forward

N

Pa Li Dro Mo

Pa LI N Dro Mo

Pa Li N DRO Mo

Pa Li N dro MO (x 4)

2

Cut Forward

PALI (x4) Ndromo x 4 all

Pali NDROMO (x 4) x 4 all

**DR (x4)
Palin Omo x 4 all**

**O (x4)
Palin Dr Mo x 4 all**

3

Back All and Cut

OMORDNILAP (X4)

Start

Lap (+)

Omor ni

x4 All

D (-)

NI NI NI (+) (x3)

OmorD

Lap

x4 All

OmorD NI NI NI (- -) (x3) LAP (x4)

x4 All

OMORDNILAP (X4)

End

