

# LOCHSKERROW

5x32 S

1 3

**S T<sub>B</sub>**

①-② ③-④

**S T<sub>B</sub><sup>1</sup><sub>2</sub>**

①-② ③-④

2 1 4 3 5

**T<sub>R</sub>**

2 4 5

1 3

**T<sub>L</sub>**

**T<sub>L</sub> 1** ↻

4 1 5 3

**S RA**

2 1x 4x 3x

**S LA**

① ②-③ ④-⑤

**CHAIN**

8 changes

① ②-③ ④-⑤

to 2 4 1 5 3