

PRINCE CHARLES OF EDINBURGH

160 R

<p>Part A</p> <p>ALL</p> <p>T_{R1}^1</p>	<p>ALL</p> <p>T_{R2}^1</p>
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<p>ALL</p> <p>T_{R2}^1</p>	<p>ALL</p> <p>T_{R2}^1</p>	<p>$T_R^1 T_L^1 T_R^1 T_L^1$</p> <p>elbow grip</p>
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1 3	2 4	Part B	ALL	ALL	R	<p>$T_R^1 T_L^1 T_R^1 T_L^1$</p> <p>elbow grip</p>
			CHAIN	S		

<p>2 2</p> <p>25</p>	<p>2 2</p> <p>40</p>	<p>ALL</p> <p>S T_B^1</p> <p>Skip Charge</p>	<p>2 2</p> <p>40</p>
			<p>2 4</p> <p>R</p> <p>Bars 25 - 40</p>

<p>$T_R^1 T_L^1 T_R^1 T_L^1$</p>	<p>ALL</p> <p>CHAIN</p>	<p>ALL</p> <p>S</p>	<p>Part C</p> <p>ALL</p> <p>T_{R3}^1</p>
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<p>ALL</p> <p>T_{R2}^1</p>	<p>1 3</p> <p>2 4</p> <p>$T_R^1 T_L^1$</p> <p>Tulloch Hold</p>	<p>1 3</p> <p>2 4</p> <p>$T_R^1 T_L^1$</p> <p>Tulloch Hold</p>
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<p>$T_R^1 T_L^1 T_R^1 T_L^1$</p> <p>elbow grip</p>	
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