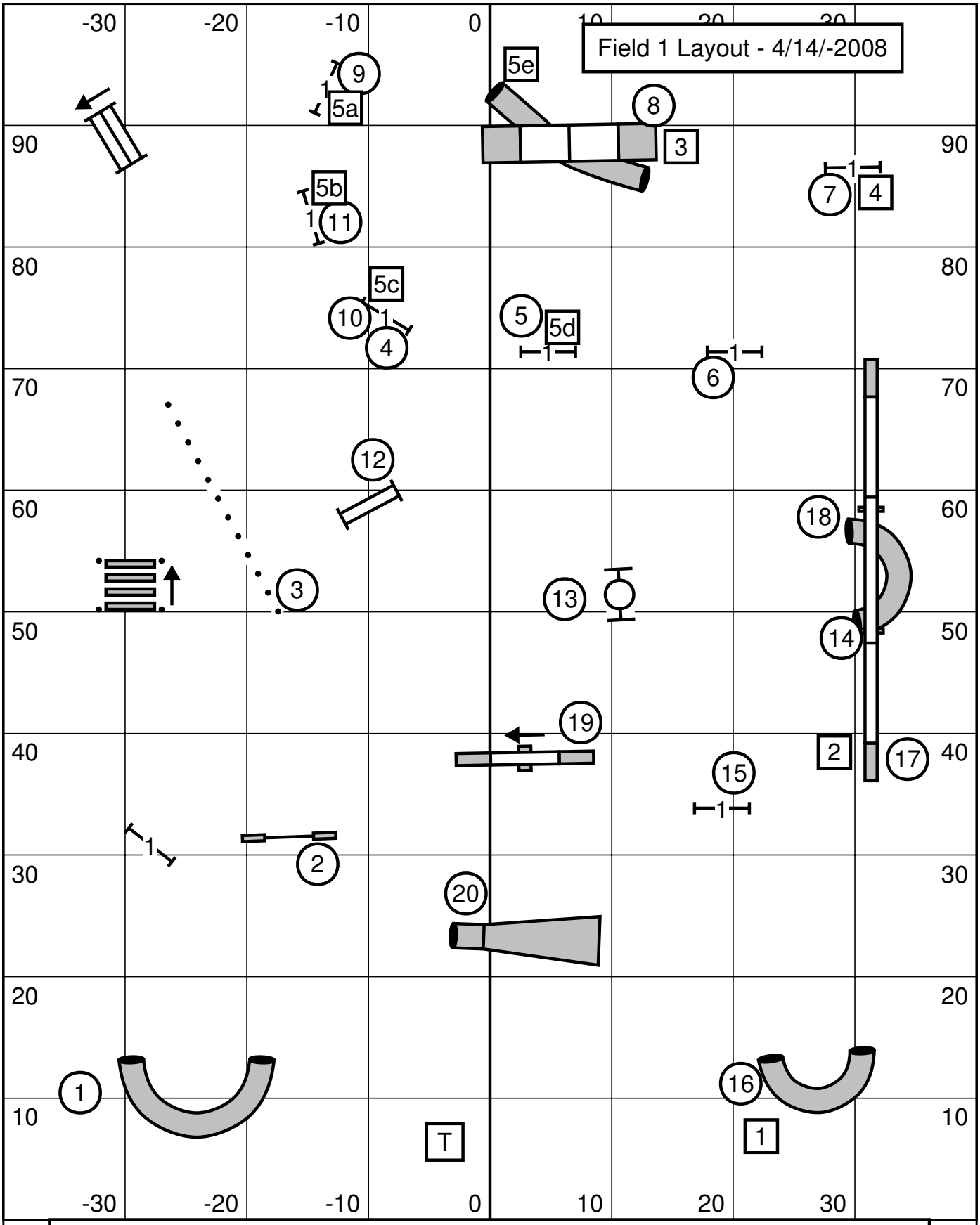

The skill set for the course is to work crosses off the Aframe. The skill set is in SQUARE numbers. Do 1-2-3-4 and then choose the different crosses/pushes for 5. e.g. 1-2-3-4-Front Cross to 5a, 1-2-3-4-Front Cross to 5b, 1-2-3-4-Front Cross to 5c, 1-2-3-4-Front Cross to 5d, 1-2-3-4-Push to 5a, etc.