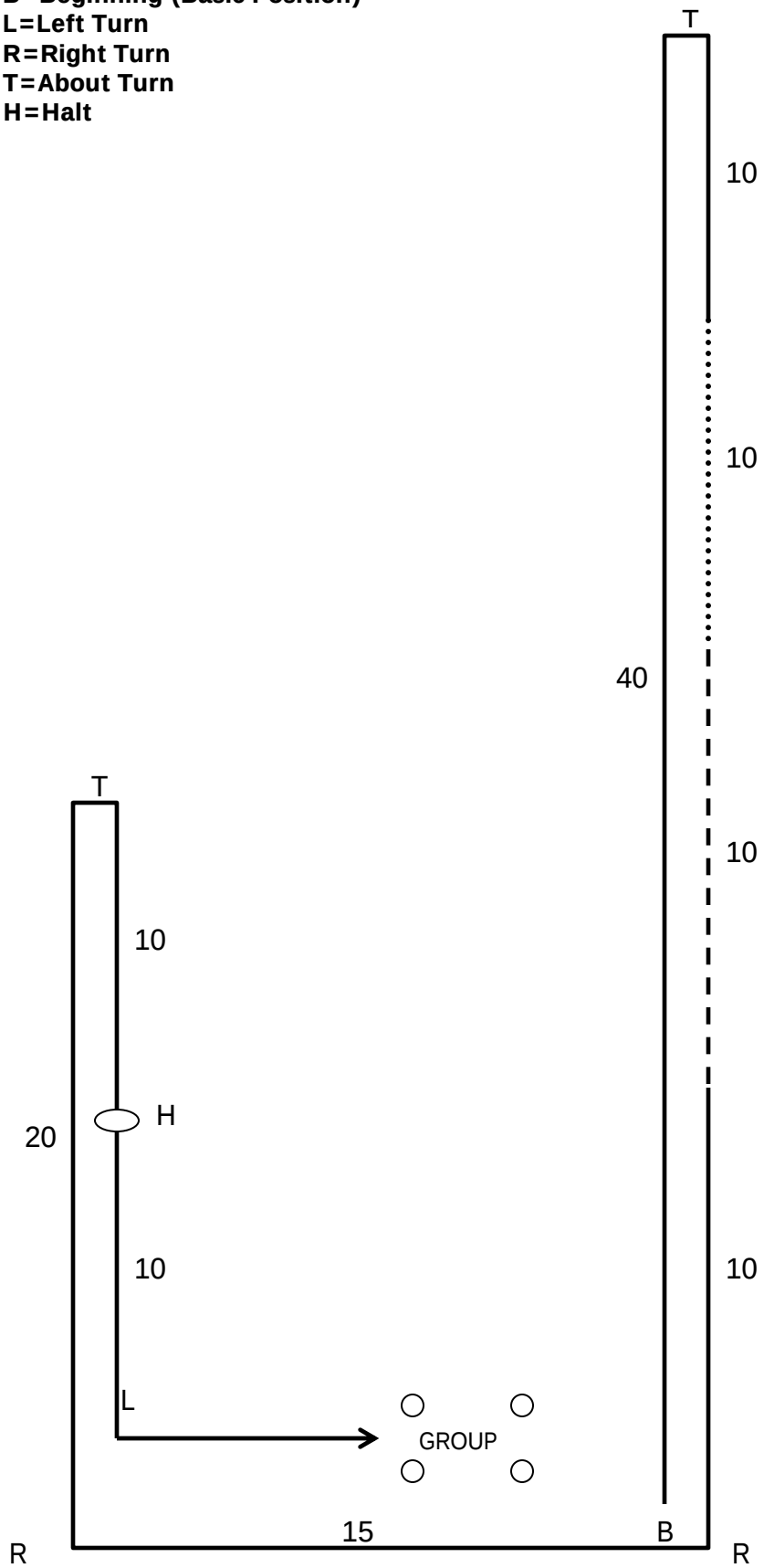
Normal Pace

Fast Pace

Slow Pace

B=Beginning (Basic Position)
L=Left Turn
R=Right Turn
T=About Turn
H=Halt