

PRINCE CHARLES OF EDINBURGH

160 R

Part A		ALL		ALL		ALL	
ALL		T_{R1}^1					
ALL		T_{R2}^1		T_{R2}^1		$T_R^1 T_L^1 T_R^1 T_L^1$	
				elbow grip			
1 3		2 4		Part B		ALL	
				ALL		ALL	
CHAIN		S		R		$T_R^1 T_L^1 T_R^1 T_L^1$	
elbow grip							
2 2		2 2		ALL		2 2	
				S		T_B	
25		4 4		Slip Change		4 4	
4 4		4 4		4 4		4 4	
2 4		R		Part C		ALL	
$T_R^1 T_L^1 T_R^1 T_L^1$		CHAIN		S		R	
T_{R3}^3							
ALL		1 3		2 4		1 3	
T_{R2}^1							
		Tulloch Hold		Tulloch Hold			
$T_R^1 T_L^1 T_R^1 T_L^1$		elbow grip					