

WCRL Rally FLASH Exercise Videos (short clips)



Level 1 Exercises

- F101 – CIRCLE WITH CONES - <https://youtu.be/8YZVJaQEqHY>
- F103 – SINGLE CONE WEAVES - <https://youtu.be/t-3MKFDZbyQ>
- F105 – DISTRACTION SERPENTINE - <https://youtu.be/7U0KVN8o-OM>
- F107 – BROKEN SERPENTINE - <https://youtu.be/2irvr0AtzMg>
- F109 – HEEL THROUGH FOOD BOWLS - <https://youtu.be/-27sh8ozyYg>
- F111 – SEND AROUND CONE, RIGHT TURN - https://youtu.be/iB6_XRE7drE
- F131 – HANDLER RIGHT/DOG 360° RIGHT - https://youtu.be/EyqNE_E0OI
- F133 – HANDLER LEFT/DOG 270° RIGHT - <https://youtu.be/oHvB6d-RpWU>
- F135 – STAND, HANDLER PIVOTS TO FRONT, FORWARD LEFT - https://youtu.be/HczoQP_uL0
- F137 – STAND, 90° RIGHT TURN, 1 STEP, STAND - <https://youtu.be/QSbfcDGw6Os>
- F161 – SPINNING WHEEL - <https://youtu.be/uOPdb8h10as>
- F163 – DOUBLE MOVING SIDESTEP RIGHT - <https://youtu.be/A2h1DHwTgBE>
- F165 – CIRCLE - https://youtu.be/DQEnzUojB_0
- F167 – LATERAL HEELING RIGHT - https://youtu.be/5yTsBZ44D_E
- F169 – MOVING SIDESTEP LEFT - <https://youtu.be/f0RgWSg7UGk>

Level 2 Exercises

- F201ab – MOVING STAND, LEAVE DOG, TURN, CALL TO HEEL, FORWARD (food bowls, no food) - https://youtu.be/7_cYHUvIh3o
- F203ab – MOVING STAND, LEAVE DOG, TURN, CALL TO HEEL, FORWARD (food bowls, no food) - <https://youtu.be/JyZKvYtuf4w>
- F205 – SEND BY DISTRACTIONS (one stanchion) – <https://youtu.be/Indj0UlpqKA>
- F207 – BROKEN SERPENTINE (with food) – <https://youtu.be/iWCajORtSpU>
- F231 – STAND, 90° LEFT TURN, 1 STEP, STAND, FORWARD – <https://youtu.be/d87Bq1k0krY>
- F233 – REVERSE HEEL, 90° RIGHT TURN – <https://youtu.be/cVqHiTNQGJE>
- F235 – REVERSE HEEL, 90° LEFT TURN – <https://youtu.be/iuKptKYIkP4>
- F237 – REVERSE HEEL, 180° RIGHT TURN – <https://youtu.be/BJ7sggDlaUM>
- F239 – REVERSE HEEL, 180° LEFT TURN – <https://youtu.be/PnB0bqqA0tl>
- F261 – DOUBLE WALKAROUND – <https://youtu.be/4a2RpRmoDdY>
- F263 – DOUBLE SPINNING WHEEL – <https://youtu.be/ImKHb5U5HyA>
- F265ab – MOVING STAND, LEAVE DOG, TURN, CALL TO HEEL LEFT, REVERSE HEEL 2 STEPS, FORWARD – <https://youtu.be/Nc77sg-8Af4>
- F269 – LATERAL HEELING RIGHT 2 STEPS, FORWARD – <https://youtu.be/vspjKyoboWE>
- F271ab – MOVING STAND, LEAVE DOG, MOVING CALL TO HEEL, FORWARD – <https://youtu.be/E1jHxqaepuU>
- F291 – SWITCH SIDE HEELING – <https://youtu.be/5RpA9fUWCSI>

Level 3 Exercises

- F305 – SEND BY DISTRACTIONS (2 stanchions) – <https://youtu.be/9K6x2TEMQXs>
- F307 – BROKEN SERPENTINE WITH FOOD BOWLS (2 filled) – <https://youtu.be/9TEPb814K9Y>
- F309 – RIGHT CLOVERLEAF – <https://youtu.be/BfYya50rpSf4>
- F311 – LEFT CLOVERLEAF – <https://youtu.be/IT63vcKA2BE>

