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Disc 1 includes:

- Introduction
- Set Point Exercise

Disc 2 includes:

- Straight-line, Equal-distance Grid
- Straight-line, Equal-distance Grid with Height
- Straight-line, Equal-distance Grids Q&A
- Distance Grid: Setup and Introduction

Disc 3 includes:

- Distance Grid: Dogs Running
- Problemsolving with Speed Bumps

Disc 4 includes:

- Progressive Grid
- Bend Work
- Troubleshooting
- Conclusion

F O U N D A T I O N

Jumping