

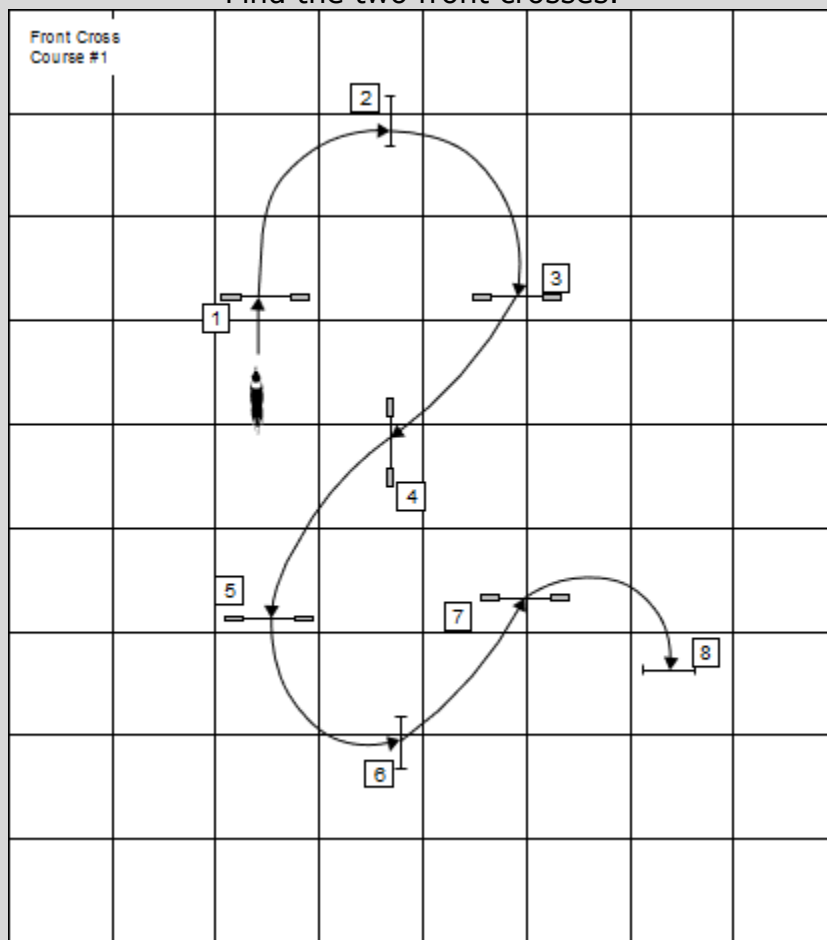
## Front Crosses – Where, When and How Course #1

As we've already explored, every front cross has three pieces: trigger, anchor and an execution method. The majority of this class will be to get you comfortable finding all three components for every front cross.

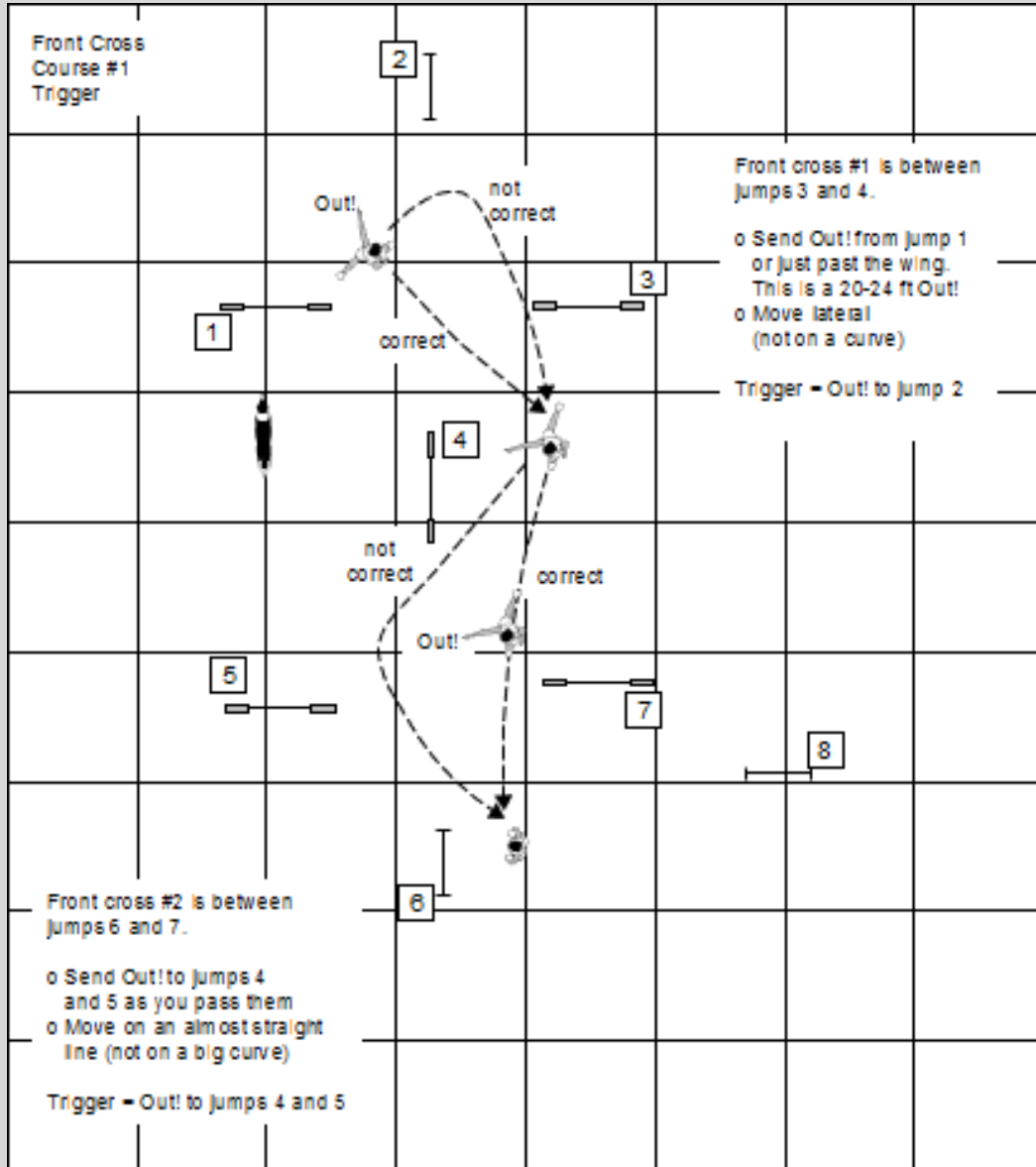
Now that you're a little familiar with the concepts, watch the following video and look through the diagrams for Course #1. The video and course #1 use the same simple jump sequence so we can explore the components a bit more without having to learn a new sequence. For this first course, I have identified the triggers, anchor points and execution methods on the diagrams.

Watch: [Demo - Course #1](#)

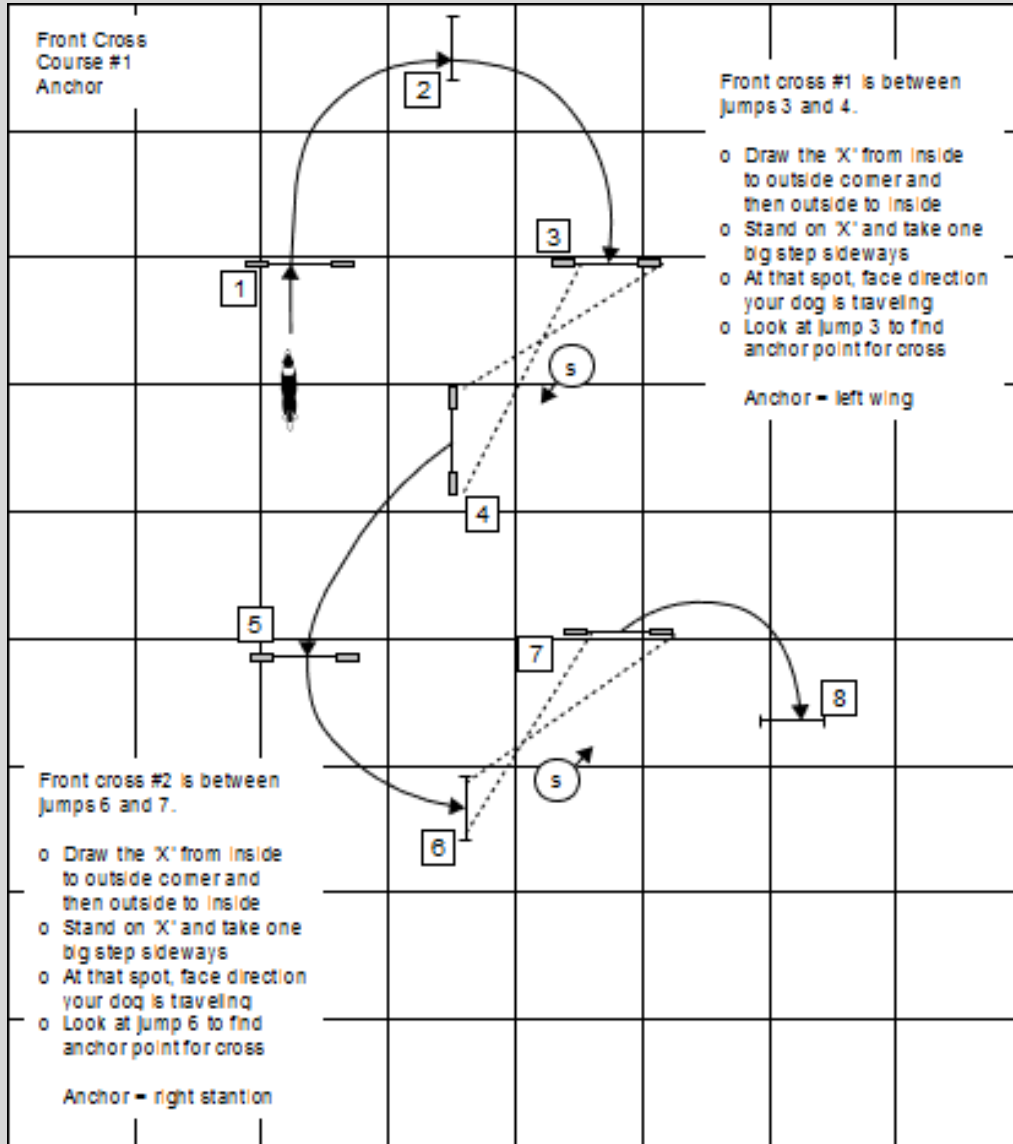
Course #1  
Find the two front crosses.



Course #1  
Select the triggers.



Course #1  
Locate the anchor points.



Course #3  
Identify the execution method.

