

LETTER FORMATION INSTRUCTION SHEET (Start from the bottom on all lowercase and the top on all uppercase)

<p><i>a</i></p> <p>up, round, up down and flick</p>	<p><i>b</i></p> <p>up tall, down, jump up and round</p>	<p><i>c</i></p> <p>up and round</p>	<p><i>d</i></p> <p>up, round up tall down and flick</p>	<p><i>e</i></p> <p>up, round, down and round</p>	<p><i>f</i></p> <p>up tall, round, down, round and loop</p>	<p><i>g</i></p> <p>up, round, up, dangle down and loop</p>	<p><i>h</i></p> <p>up tall, down, jump up, over, down and flick</p>	<p><i>i</i></p> <p>up, down, flick and dot</p>	<p><i>j</i></p> <p>up, dangle down, round, loop and dot</p>	<p><i>k</i></p> <p>up, down, jump up, round, down and flick</p>	<p><i>l</i></p> <p>up tall, down and flick</p>	<p><i>m</i></p> <p>up, down, jump up, over, down, jump up, over down and flick</p>
<p>A</p> <p>Down, lift, down, lift, cross</p>	<p>B</p> <p>Down, lift, around, around</p>	<p>C</p> <p>Around</p>	<p>D</p> <p>Down, lift, around</p>	<p>E</p> <p>Down, lift, cross, lift, cross, lift, cross</p>	<p>F</p> <p>Down, lift, cross, lift, cross</p>	<p>G</p> <p>Around, up, down lift, cross</p>	<p>H</p> <p>Down, lift, down, lift, cross</p>	<p>I</p> <p>Down, lift, cross, lift, cross</p>	<p>J</p> <p>Down, around, lift, cross</p>	<p>K</p> <p>Down, lift, down, down</p>	<p>L</p> <p>Down, cross</p>	<p>M</p> <p>Down, lift, down, up, down</p>
<p><i>n</i></p> <p>up, down, jump up, over, down and flick</p>	<p><i>o</i></p> <p>up and round</p>	<p><i>p</i></p> <p>up, dangle down, jump up and round</p>	<p><i>q</i></p> <p>up, round, up, dangle down and flick</p>	<p><i>r</i></p> <p>up, down, jump up and over</p>	<p><i>s</i></p> <p>up, round, down and round</p>	<p><i>t</i></p> <p>up, down, flick and cross</p>	<p><i>u</i></p> <p>up, down, round, up down and flick</p>	<p><i>v</i></p> <p>up, down and up</p>	<p><i>w</i></p> <p>up, down, up, down and up</p>	<p><i>x</i></p> <p>up, down and cross</p>	<p><i>y</i></p> <p>up, down, round, up dangle down and loop</p>	<p><i>z</i></p> <p>up, across, down and across</p>
<p>N</p> <p>Down, lift, down, up</p>	<p>O</p> <p>Around</p>	<p>P</p> <p>Down, lift, around</p>	<p>Q</p> <p>Around, lift, cross</p>	<p>R</p> <p>Down, lift, around, down</p>	<p>S</p> <p>Around, around</p>	<p>T</p> <p>Down, lift, cross</p>	<p>U</p> <p>Down, around, up</p>	<p>V</p> <p>Down, up</p>	<p>W</p> <p>Down, up, down, up</p>	<p>X</p> <p>Down, lift, down</p>	<p>Y</p> <p>Down, lift, down, down</p>	<p>Z</p> <p>Cross, down, cross</p>