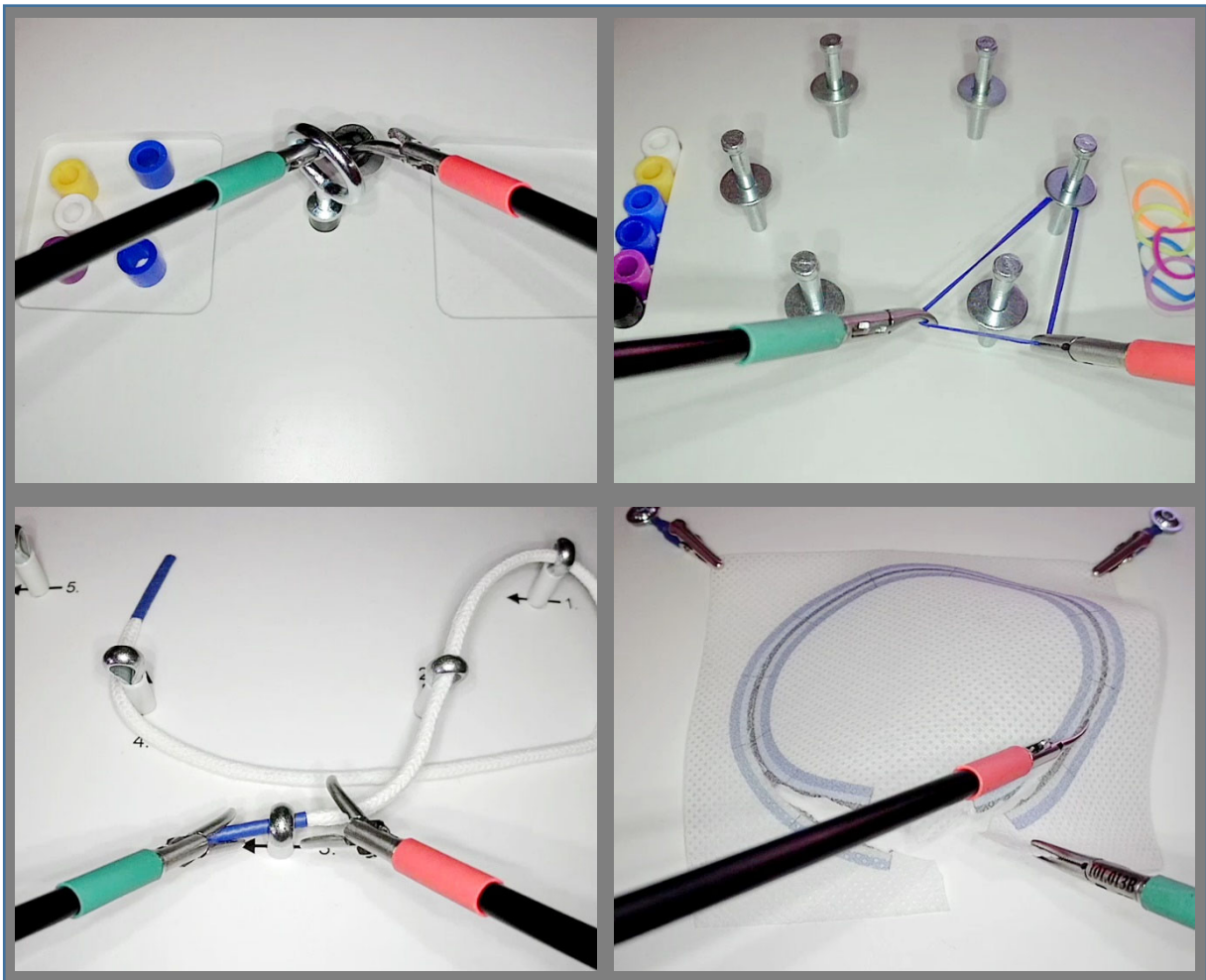


## Skills Set (4 Tasks)



Manual

## 1. Pok-A-Tok

### Task

Move the beads from the container on the left-hand side to the container on the right-hand side. Each bead must pass through the ring in the middle of the task board.

### Preparation

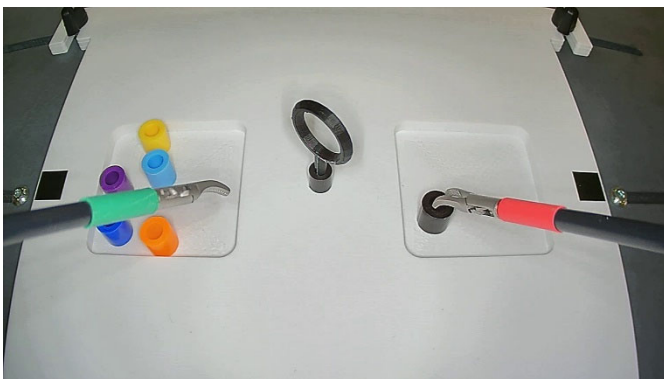
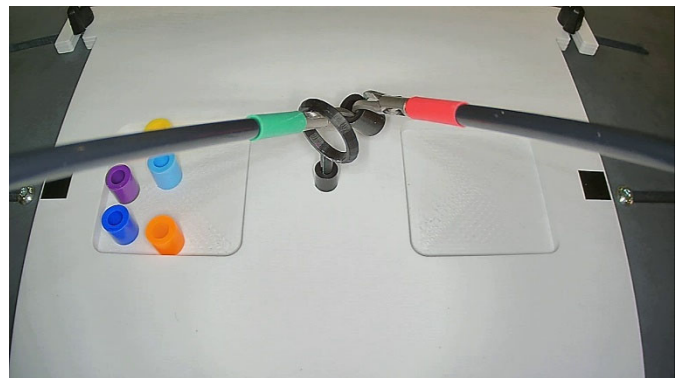
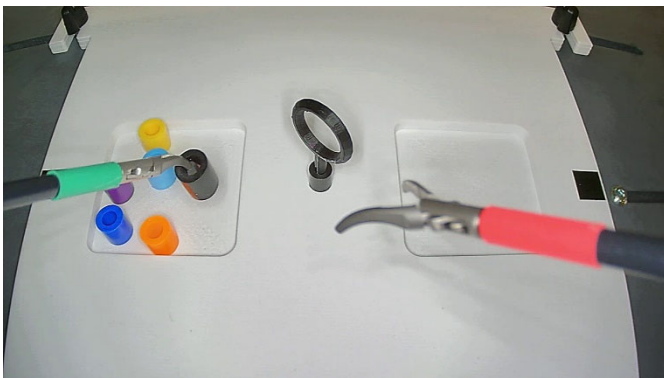
Put all the beads (6 pcs) in the container on the left-hand side. Prepare two dissectors.

### Procedure

Grasp the first bead with the instrument in your left hand and push it through the ring. Next, take the bead with the instrument in your right hand and put it in the container on the right-hand side. You have completed the task when all the beads are in the container on the right-hand side.

### Time limit

80 s



## 2. Hexagon

### Task

In the first step, stretch the rubber bands between neighbouring columns making a hexagon shape. In the second step, put the beads on the top of the columns.

### Preparation

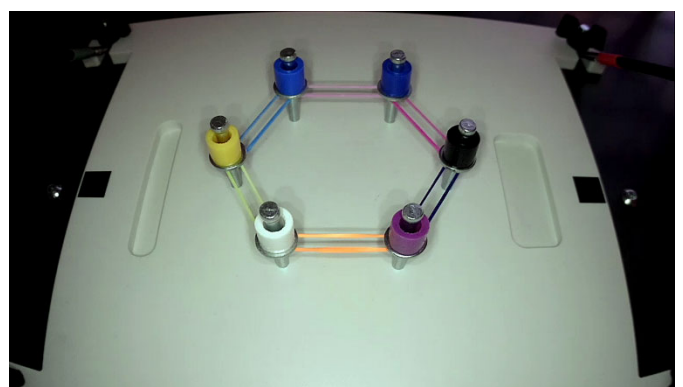
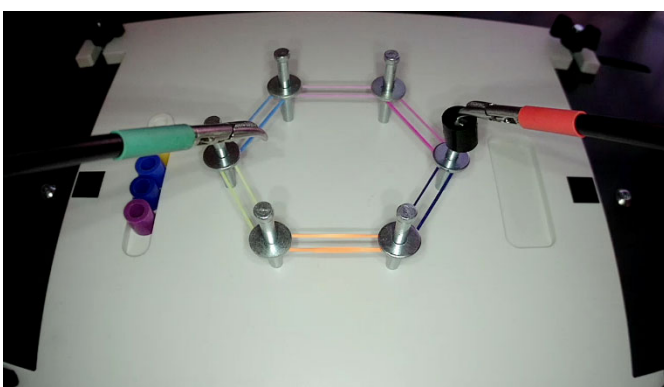
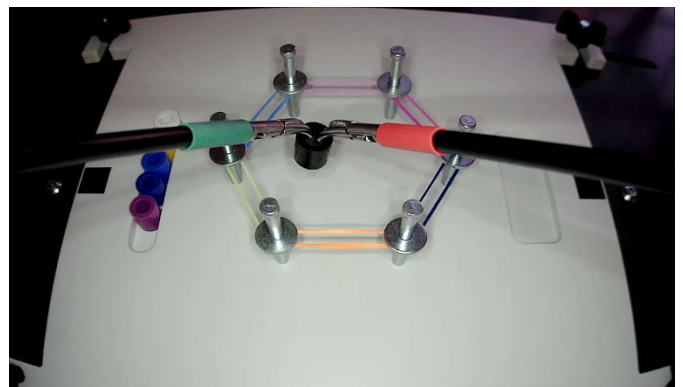
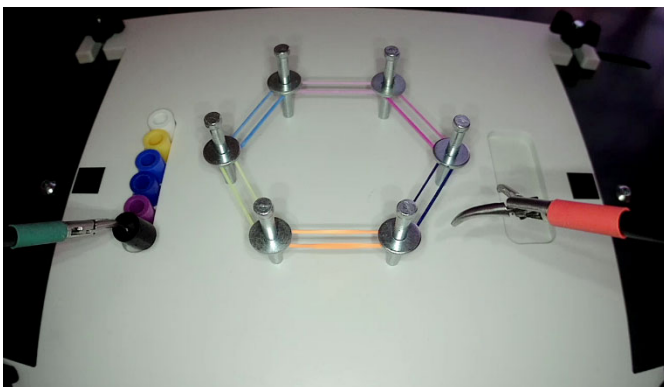
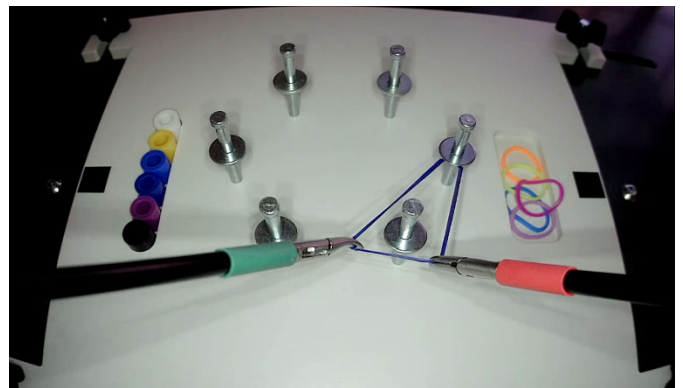
Fill the container on the left-hand side with beads (6 pcs). Put six rubber bands in the container on the right-hand side. Prepare two dissectors.

### Procedure

Take a rubber band with the instrument in your right hand. Stretch the rubber band between two neighbouring columns using both instruments. The rubber band must be placed beneath the disk above the middle of the column. Repeat the procedure with the remaining rubber bands. You have completed the first part of the task when all the rubber bands are stretched between the columns forming a hexagon shape. Next, take a bead from the container with the instrument in your left hand. Then pass the bead to the instrument in your right hand above the middle of the task board. Put the bead on the top of a column so that it lands on the disk. You have completed the second part of the task when all the beads are on the columns.

### Time limit

130 s



### 3. Shoelace

#### Task

Pull the shoelace through the eyes of all the pins. Follow the order numbers and the arrows.

#### Preparation

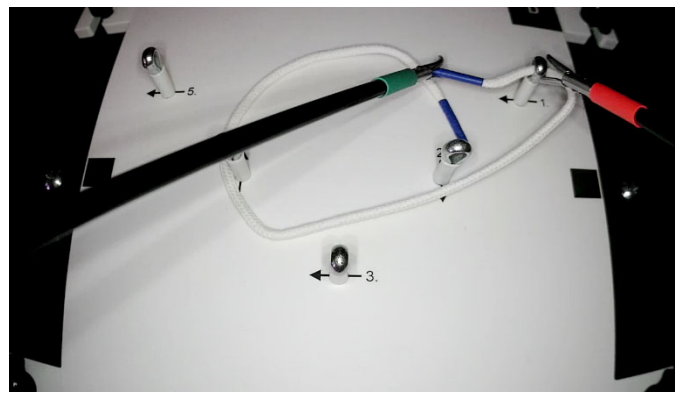
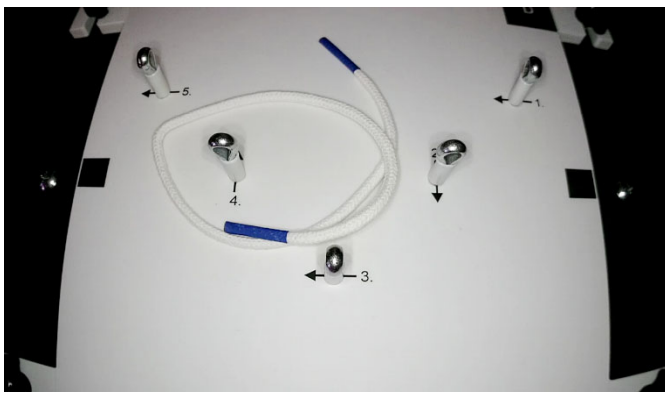
Cover the perforated task board with the pattern. Insert the pins into the marked holes so that the axes of their eyes correspond with the arrows. Prepare two dissectors.

#### Procedure

Pull the shoelace through the eye of each pin. Respect the order numbers and the direction of the arrows on the pattern. Both instruments must cooperate. You have completed the task when the shoelace has passed through the eye of the last pin. Repeat the job with all the patterns in the order of the letters A, B, C, and D.

#### Time limit

80 s



## 4. Precise cutting

### Task

Cut out the round middle part of the cloth according to the printed pattern.

### Preparation

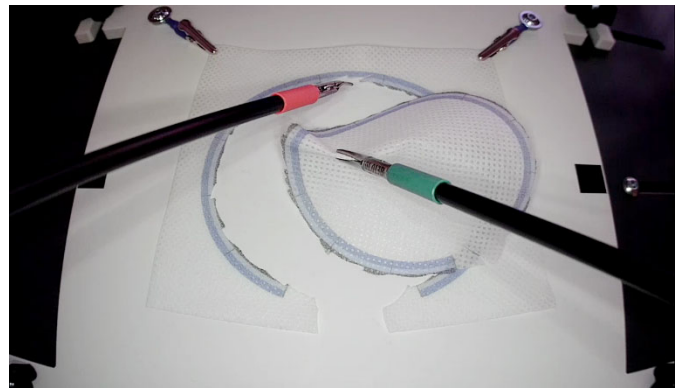
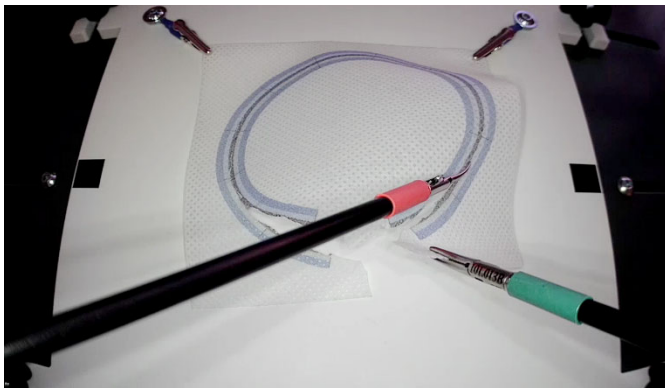
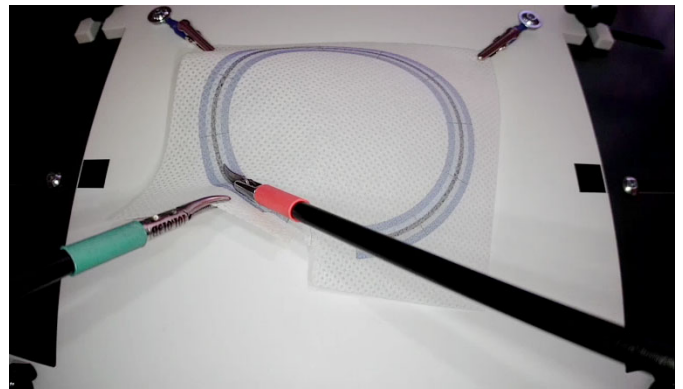
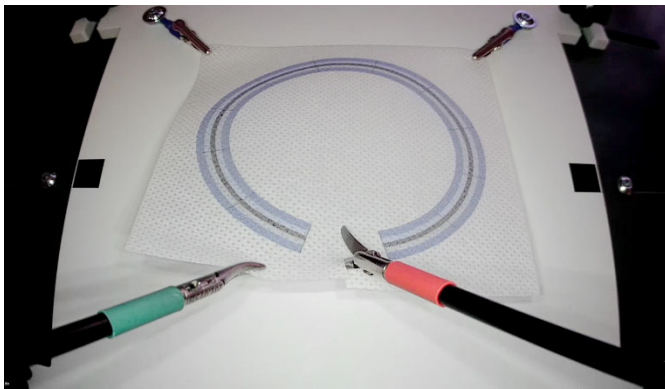
Attach the square cloth to the board with the clamp. The fabric must be positioned right in the middle of the board. Prepare a dissector and a pair of curved scissors.

### Procedure

Lift the edge of the cloth with the dissector and cut it where the colour belt is interrupted. Cut out the round middle part of the cloth step by step. Cut with the scissors precisely along the black line. The arch of the scissor blades should always parallel the course of the line. The circle is divided into eleven sections. You may enter the light blue zone once within each section. Entering the dark blue zone is forbidden. You have completed the task when the round middle part of the cloth is separated. During the procedure, you may swap the instruments between your right and left hands.

### Time limit

130 s



## General instructions

Hang the instruments in the hooks on both sides of the task board when they are not being used.



**Time measuring** starts/stops at the moment when both instruments have entered/left the operating field.



Kelling Inventive s.r.o., Langrova 1207/1b CZ-627 00 Brno +420 725 720 841 [info@lap-trainer.com](mailto:info@lap-trainer.com) [www.lap-trainer.com](http://www.lap-trainer.com)

### FOR MORE INFORMATION PLEASE CONTACT:

Dr. Roman Trubac  
Tel: +420 724 111 074  
E-mail: [info@lap-trainer.com](mailto:info@lap-trainer.com)