Start at the top and draw each segment reducing the radius by $1 / 10(r=10)$ using the vertex jumps listed.
$\mathrm{J}=1$
$J=2$ $J=3$
$J=5$
$\mathrm{J}=7$
$J=8$
$J=9$
$\mathrm{J}=10$
$\mathrm{J}=11$
$J=12$

