FORK AND CLONE TO DESKTOP
GIT REMOTE ADD UPSTREAM URL OF ORIGINAL REPOSITORY
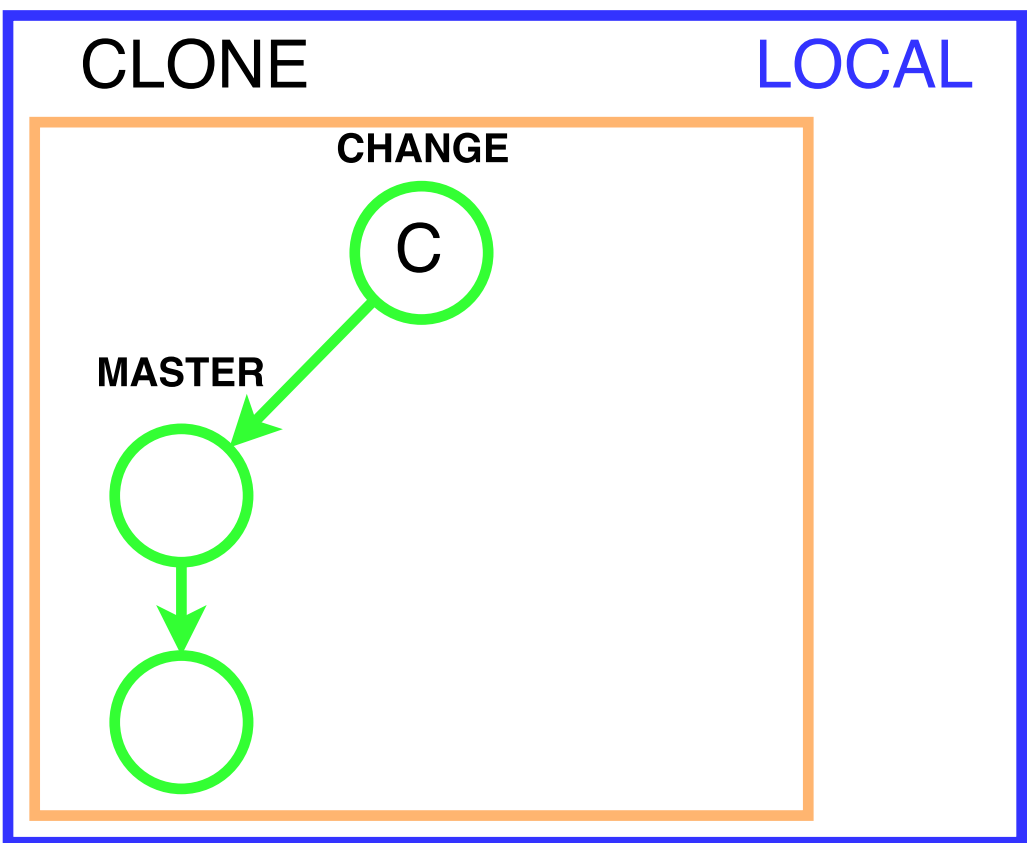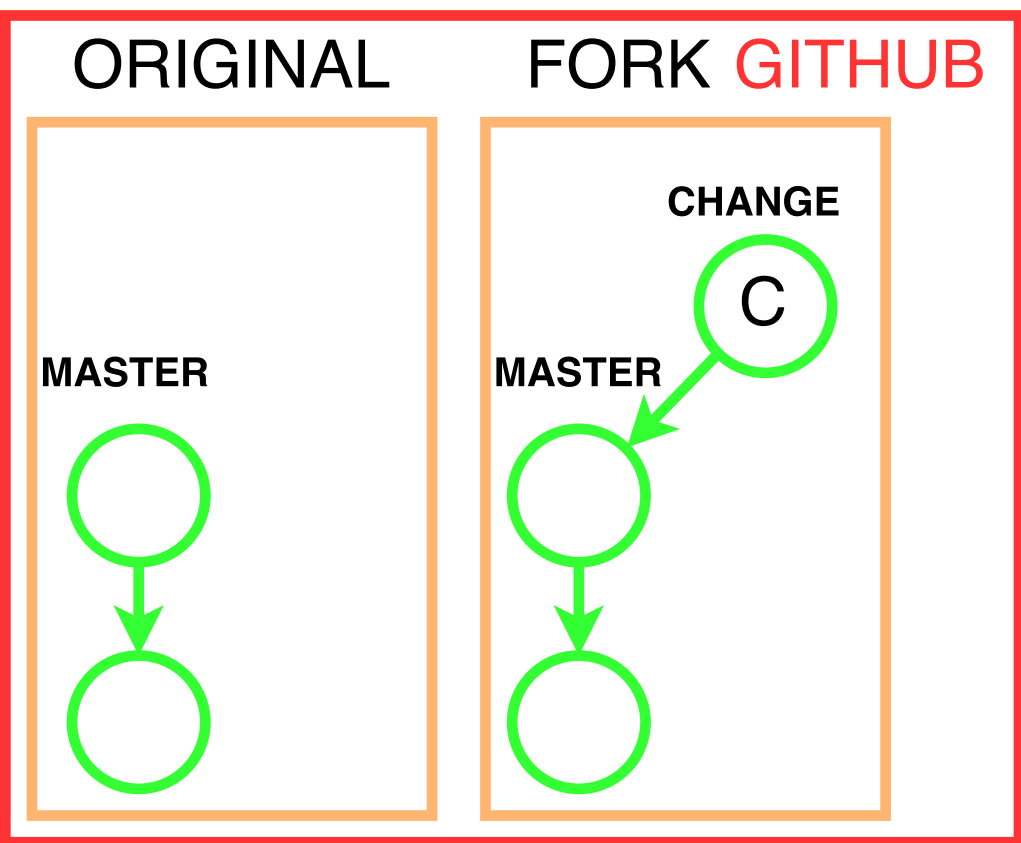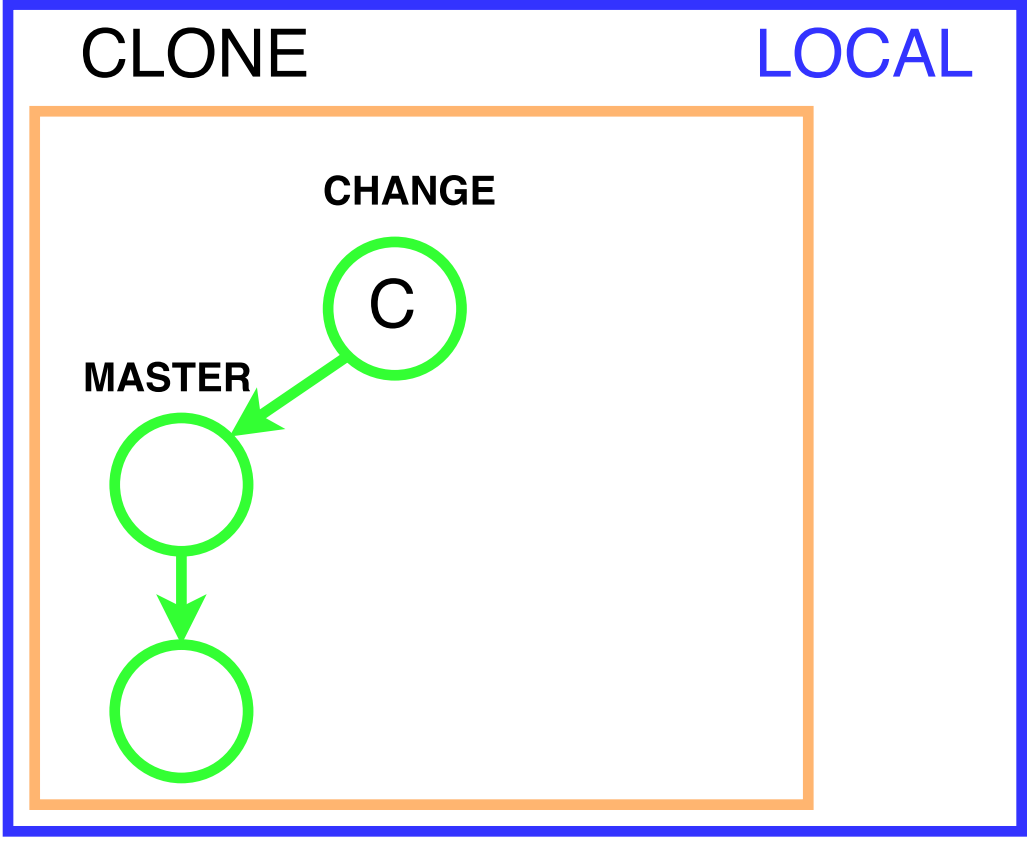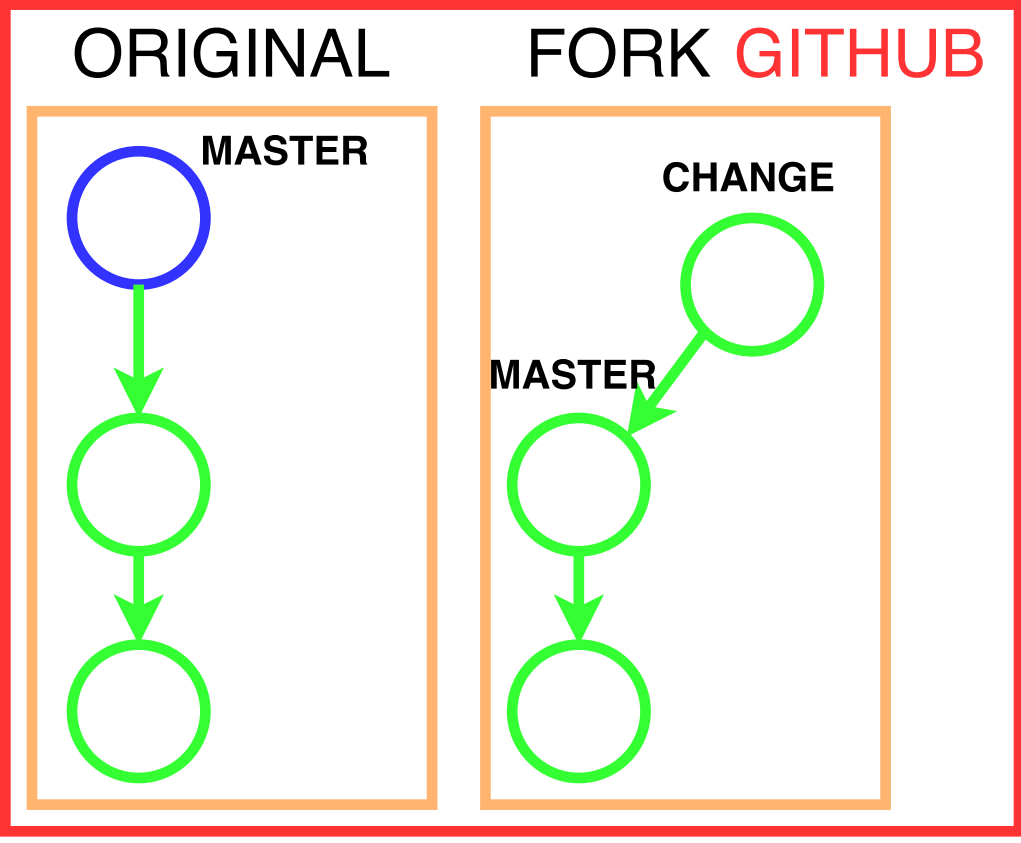GIT CHECKOUT MASTER
GIT PULL UPSTEAM MASTER

ORIGINAL FORK GITHUB   CLONE LOCAL
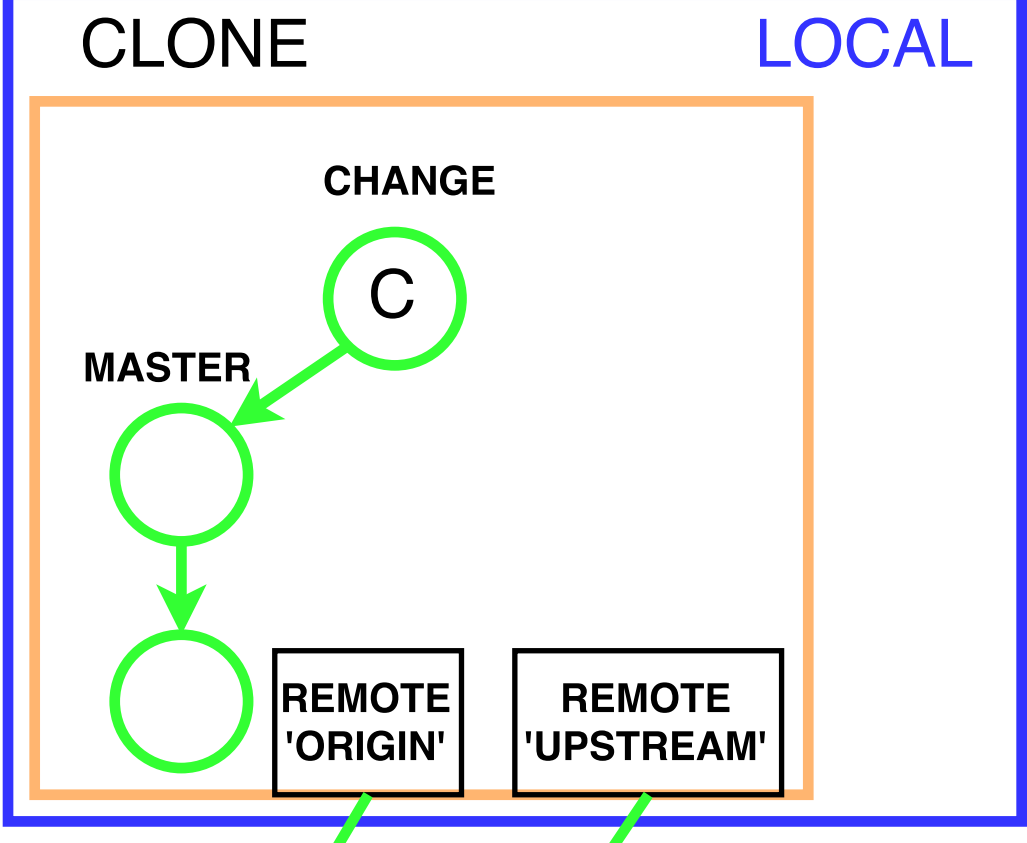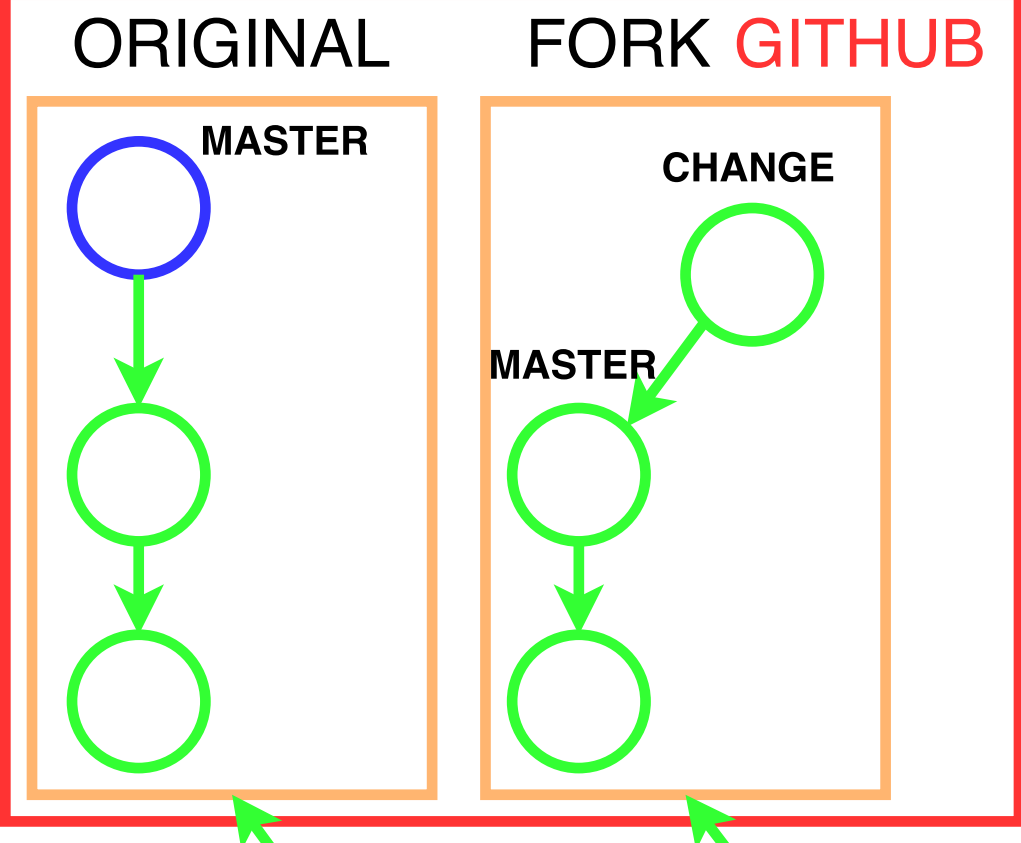
MASTER MASTER   MASTER
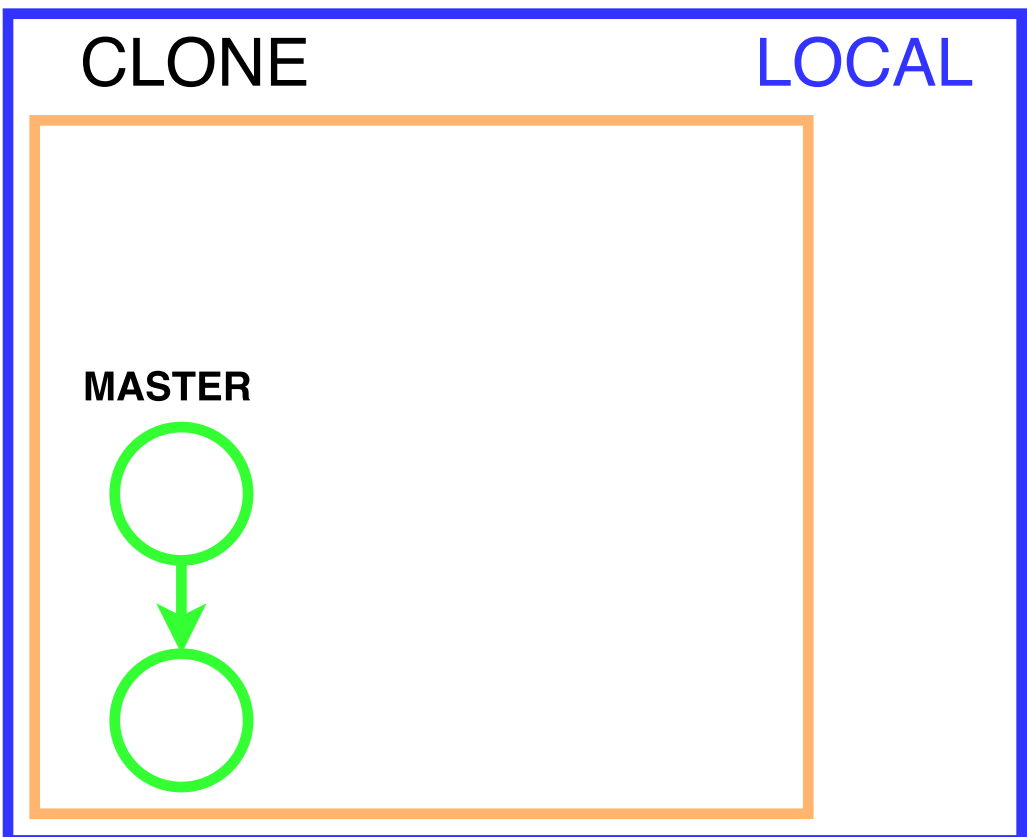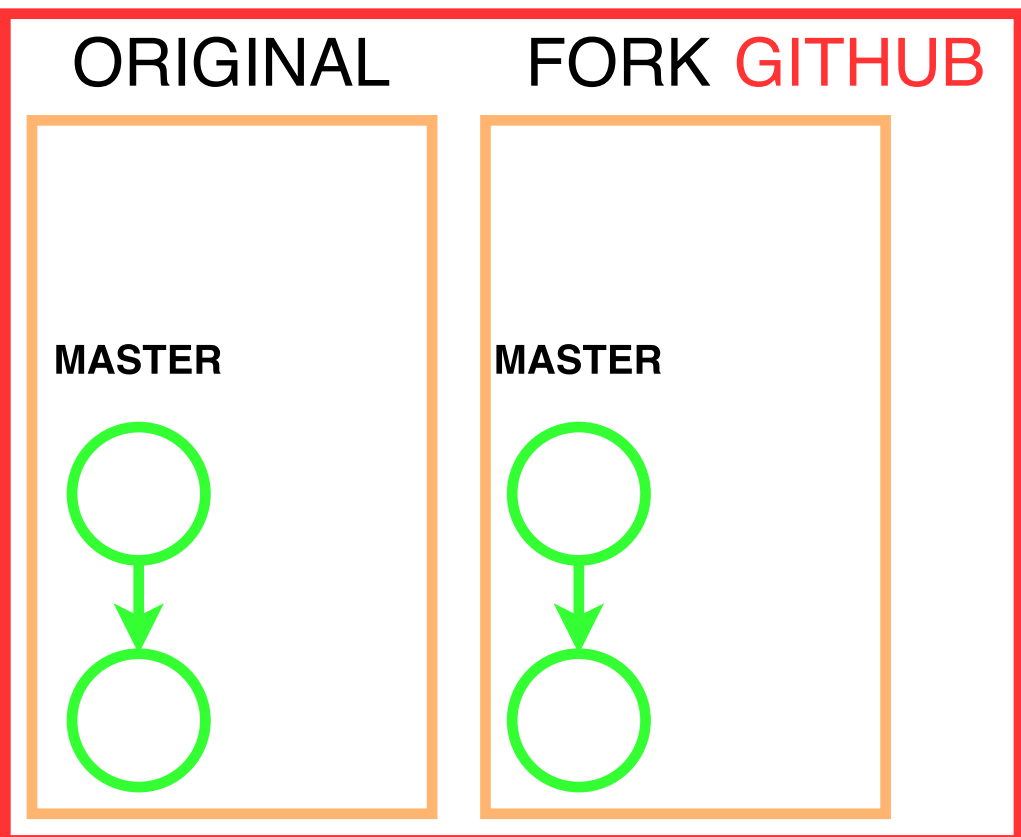
MAKE A LOCAL CHANGE
GIT CHECKOUT C_BRANCH_NAME
GIT MERGE MASTER C_BRANCH_NAME
GIT ADD
GIT COMMIT
GIT PUSH ORIGIN C_BRANCH_NAME
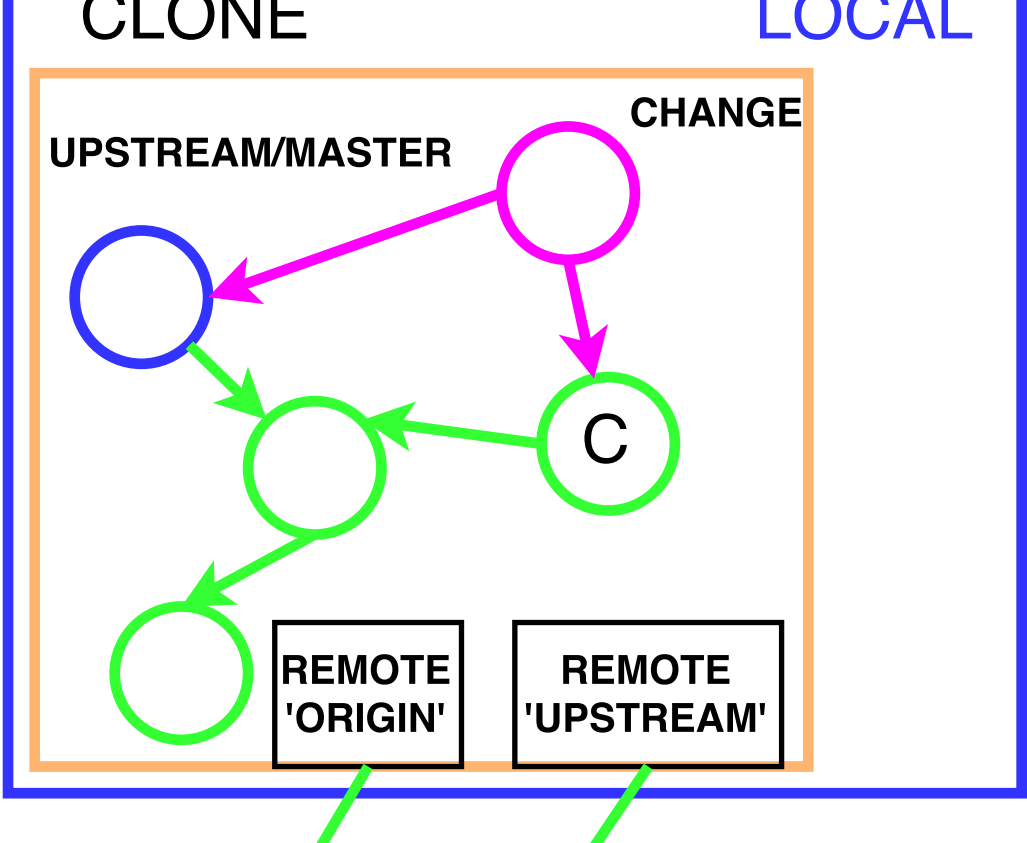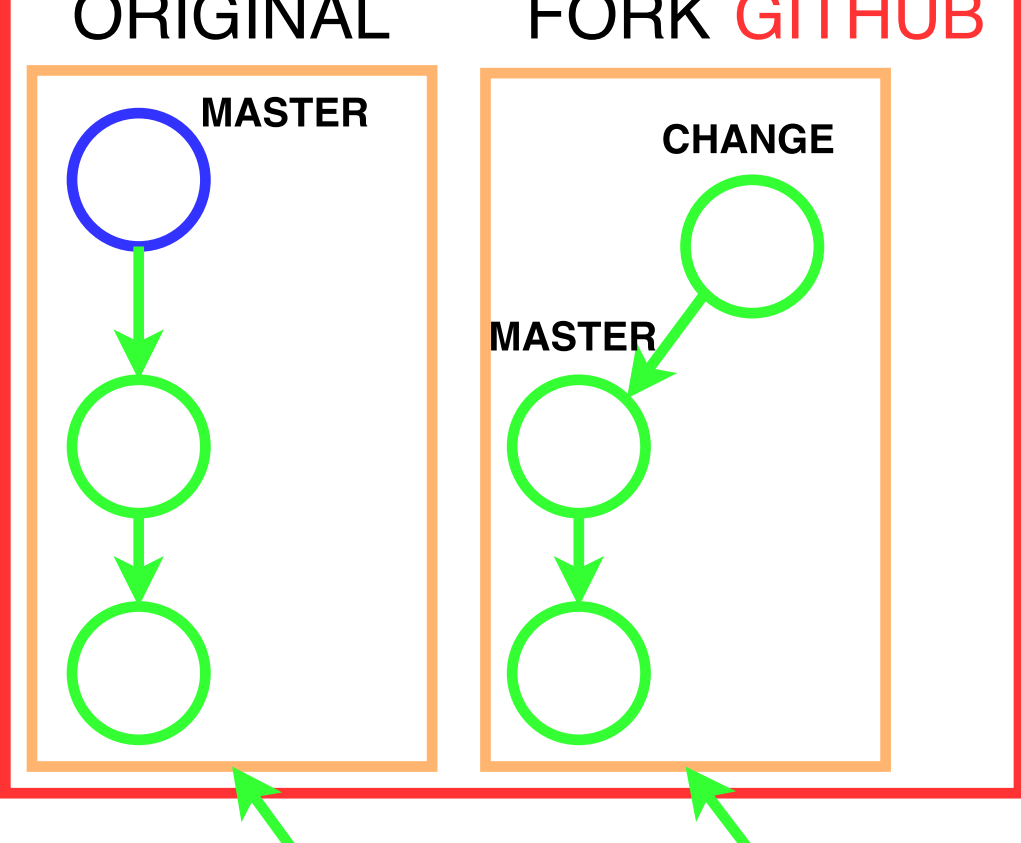GIT CHECKOUT MASTER
GIT PUSH

ORIGINAL FORK GITHUB   CLONE LOCAL

CHANGE
C
MASTER MASTER   CHANGE   C   MASTER

SOMETHING HAPPENS TO THE ORIGINAL IN THE MEANTIME

ORIGINAL FORK GITHUB   CLONE LOCAL

MASTER   CHANGE   CHANGE   C
MASTER   MASTER

SET UPSTREAM REMOTE

ORIGINAL FORK GITHUB   CLONE LOCAL

MASTER   CHANGE   CHANGE   C
MASTER   MASTER

REMOTE 'ORIGIN'   REMOTE 'UPSTREAM'

PULL FROM UPSTREAM REMOTE MASTER

ORIGINAL FORK GITHUB   CLONE LOCAL

MASTER   CHANGE   UPSTREAM/MASTER   CHANGE
MASTER   MASTER   C

REMOTE 'ORIGIN'   REMOTE 'UPSTREAM'

MERGE, COMMIT, PUSH

ORIGINAL FORK GITHUB   CLONE LOCAL

MASTER   CHANGE   UPSTREAM/MASTER   CHANGE
MASTER   MASTER   C

REMOTE 'ORIGIN'   REMOTE 'UPSTREAM'