

Double strokes 1

EXERCISE 1

R R L L R R L L

EXERCISE 2

R R L L R R L L

EXERCISE 3

R R L L R R L L R R L L R R L L

EXERCISE 4

R R L L R R L L R R L L R R L L

EXERCISE 5

R R L L R R L L R R L L R R L L R R L L

EXERCISE 6

R R L L R R L L R R L L R R L L R R L L

EXERCISE 7

R R L L R R L L R R L L R R L L R R L L

EXERCISE 8

R R L L R R L L R R L L R R L L R R L L

EXERCISE 9

R R L L R R L L R R L L R R L L R R L L