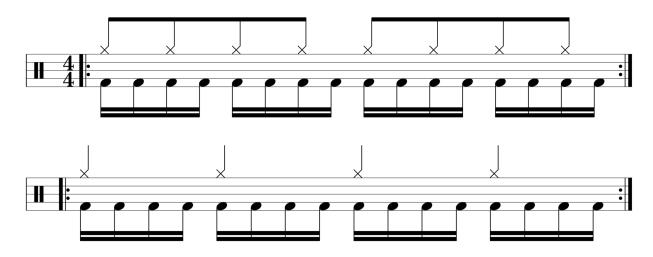
Ultimate Coordination Exercise

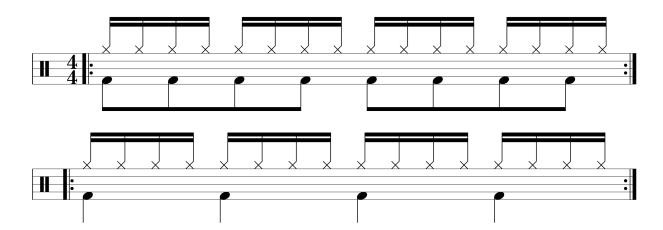
How to Split Your Right Foot From Your Right Hand

Lesson Exercises Notation

Exercise 1A:



Exercise 1B:



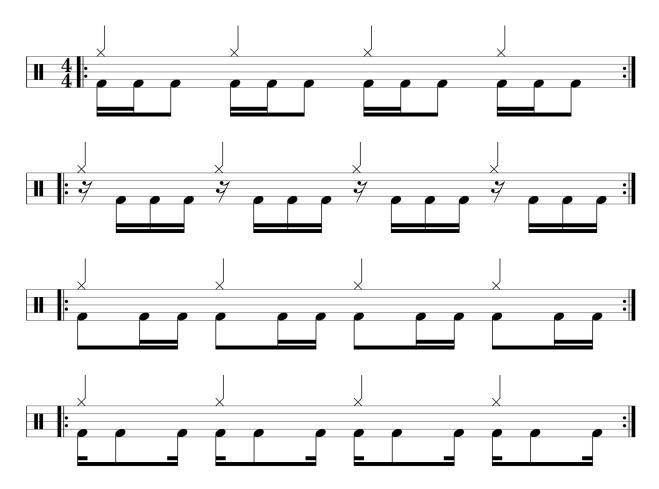
Exercise 2A:



Exercise 2B:



Exercise 2A (w/ Quarters):



Exercise 2B (w/ Quarters):



Exercise 3 (Rudiments):



Your Final Step...

If you really want to grow, make serious progress, *AND* have a lot of fun doing it... **See how many other variations of these patterns you can come up with.** Work every limb combination, even both feet together. Practice all the patterns with different types of left foot timekeeping as well. These types of coordination workouts are versatile, and you can use them for months and months (or even years and years!) of practice.

Know that YOU CAN DO IT, and have fun practicing!

Stay Non Glamorous.:)