

# Single Beat Combinations

(Read downward)


1   
• R L R L R L R L R L R L R L

13   
R R R R L L L L R R R R L L L L

2   
L R L R L R L R L R L R L R

14   
R L R L R L L L R L R L R L L L

3   
R R L L R R L L R R L L R R L L

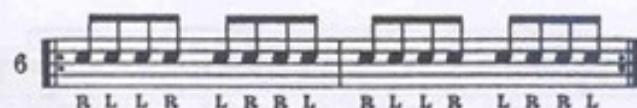
15   
L R L R L L R R L R L R L L R R

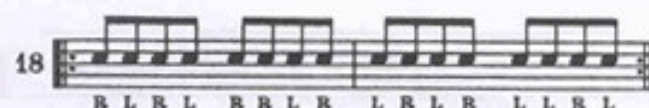
4   
L L R R L L R R L L R R L L R R


16   
R L R L R L R R L R L R L R L L

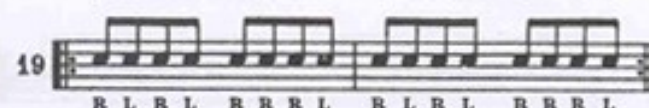
5   
R L R R L R L L R L R R L R L L


17   
R L R L R L L R L R L R L R R L

6   
R L L R L R R L R L L R L R R L

18   
R L R L R R L R L R L R L L R L

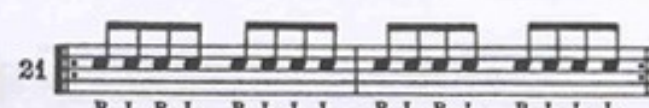
7   
R R L R L L R L R R L L R L R L

19   
R L R L R R R L R L R L R R R L

8   
R L R L L R L R R L R L L R L R

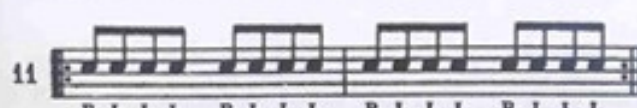
20   
L R L R L L L R L R L R L L L R

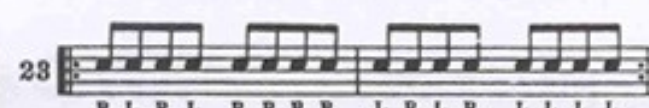
9   
R R R L R R R L R R R L R R R L

21   
R L R L R L L L R L R L R L L L

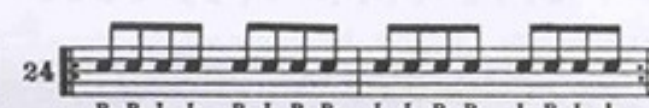
10   
L L L R L L L R L L L R L L L R

22   
L R L R L R R R L R L R L R R R

11   
R L L L R L L L R L L L R L L L

23   
R L R L R R R R L R L R L L L L

12   
L R R R L R R R L R R R L R R R

24   
R R L L R L R R L L R R L R L L

• R = right stick

L = left stick

Repeat each exercise 20 times