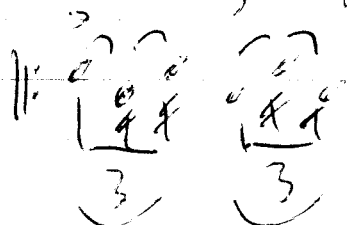


(i)

Roll Building exercise



all. || start 1 min at 60-70 bpm
- 2-5 min at 80-90 bpm

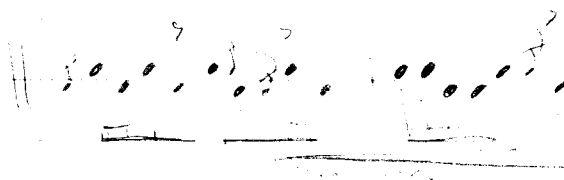
Pyramid exercise

|| start from 1/4 up to 6/8 hand up repeat.
|| 6/8 down with out repeat.

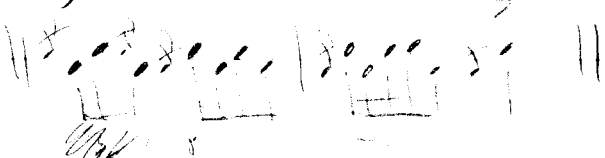
Buzz exercise for 3/4 battip.



① Dig into 4/4 ex.



②



④

