

# Single Beat Combinations

5

Read downward

1   
 R L R L R L R L

13   
 R R R R L L L L

2   
 L R L R L R L R

14   
 R L R L R R L L

3   
 R R L L R R L L

15   
 L R L R L L R R

4   
 L L R R L L R R

16   
 R L R L R L R R

5   
 R L R R L R L L

17   
 R L R L R L L R

6   
 R L L R L R R L

18   
 R L R L R R L R

7   
 R R L R L L R L

19   
 R L R L R R R L

8   
 R L R L L R L R

20   
 L R L R L L L R

9   
 R R R L R R R L

21   
 R L R L R L L L

10   
 L L L R L L L R

22   
 L R L R L R R R

11   
 R L L L R L L L

23   
 R L R L R R R R

12   
 L R R R L R R R

24   
 R R L L R L R R

\* R = right stick  
L = left stick

Repeat each exercise 20 times.