

Handwriting practice sheet for the letter 'H' in 4/4 time.

The sheet displays a sequence of 16 strokes, grouped into four sets of four. Each set is labeled with a number (2, 1, 3, HH) above the first stroke. The strokes are represented by musical notation on a five-line staff, with the letter 'H' written below each stroke.

The sequence of strokes is:

- 2
- 1
- 3
- HH

The corresponding letter sequence is:

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