# Basic Warmups

EX. 1

R R R R R R R R

EX. 2

L L L L L L L L

EX. 3

R R R R L L L L

EX. 4

R R R L L L

EX. 5

R R L L R R L L

EX. 6

R L R L R L R L

EX. 7 (DOUBLE STROKE)

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

EX. 8 (SINGLE STROKE)

3 3

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

EX. 9

ꟻL 1R ꟻL 1R

EX. 10

1R L L L
ꟻL L L L
1R R R R

EX. 11

L L L 1R
L L L ꟻL
R R R ꟻL
R R R 1R

EX. 12

3 3

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

EX. 13

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

EX. 14

3 3

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

EX. 15

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