

# Doubles

2 3 4

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

# Triples

5 6 7 8

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

# Double-Stroke Exercise

9 10 11 12

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

13 14 15 16

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

17 18 19 20

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