

Double Stroke Exercise

Practice leading with R and L hand

R L R L R L R L R L R L R L RR L R L RR L R L RR L R L RR L R L

R LL R L R LL R L R LL R L R LL R L

R L RR L R L RR L R L RR L R L RR L

R L R LL R L R LL R L R LL R L R LL

RR LL R L RR LL R L RR LL R L RR LL R L

R L RR LL R L RR LL R L RR LL R L RR LL

R LL RR L R LL RR L R LL RR L R LL RR L

R LL RR LL R LL RR LL R LL RR LL R LL RR LL

RR LL RR LL RR LL RR LL RR LL RR LL RR LL