

Single Stroke Roll - Exercise 2

1 1 1 1 2 2 2 2 3 3 3 3 4 4 4 4 5 5 5 5 6 6 6 6
↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↑ ↓ ↑

7 7 7 7 8 8 8 8 9 9 9 9 10 10 10 10 10 10 10 10 9 9 9 9
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8 8 8 8 7 7 7 7 6 6 6 6 5 5 5 5 4 4 4 4 3 3 3 3
↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↑ ↓ ↑

2 2 2 2 1 1 1 1
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