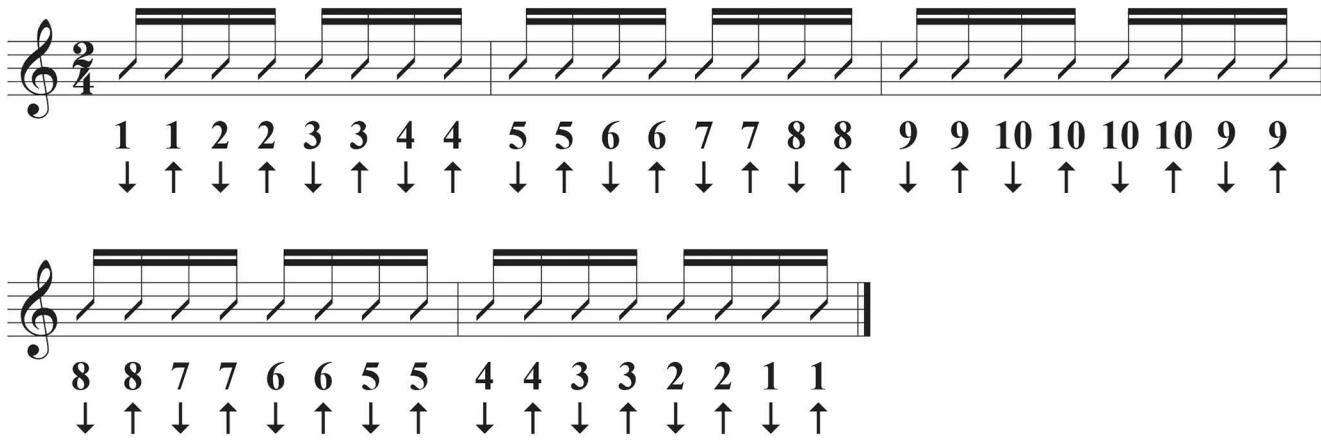


Single Stroke Roll - Exercise 4



1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9 10 10 10 10 9 9

↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↑ ↓ ↑

8 8 7 7 6 6 5 5 4 4 3 3 2 2 1 1

↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑