

Single Stroke Roll - Exercise 5



1 2 3 4 5 6 7 8 9 10

↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓

10 9 8 7 6 5 4 3 2 1

↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓



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