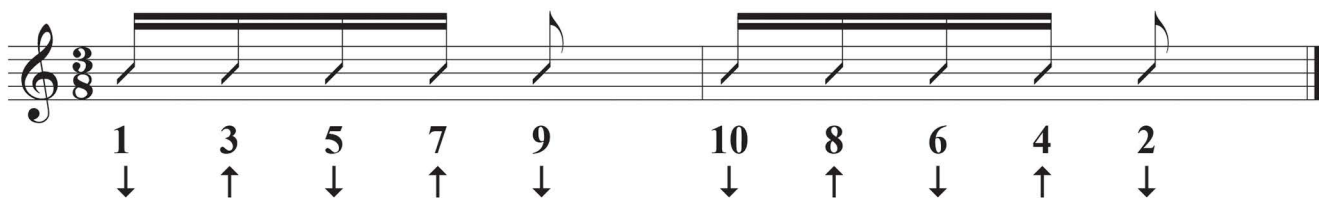


# Single Stroke Roll - Exercise 10



1 3 5 7 9 10 8 6 4 2

↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↑ ↓