

Single Stroke Four - Exercise 1

1 1 1 1 2 2 2 2 3 3 3 3 4 4 4 4
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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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