

Five Stroke Roll - Exercise 2

1 2 3 4 4
↓ ↓ ↑ ↑ ↓

4 3 3 2 2
↑ ↑ ↓ ↓ ↑

2 3 4 5 5
↓ ↓ ↑ ↑ ↓

5 4 4 3 3
↑ ↑ ↓ ↓ ↑

3 4 5 6 6
↓ ↓ ↑ ↑ ↓

6 5 5 4 4
↑ ↑ ↓ ↓ ↑

4 5 6 7 7
↓ ↓ ↑ ↑ ↓

7 6 6 5 5
↑ ↑ ↓ ↓ ↑

5 6 6 7 8
↓ ↓ ↑ ↑ ↓

8 7 7 6 6
↑ ↑ ↓ ↓ ↑

6 7 7 8 9
↓ ↓ ↑ ↑ ↓

9 8 8 7 7
↑ ↑ ↓ ↓ ↑

7 8 8 9 10
↓ ↓ ↑ ↑ ↓

10 9 9 8 8
↑ ↑ ↓ ↓ ↑

10 9 8 7 7
↓ ↓ ↑ ↑ ↓

7 8 8 9 9
↑ ↑ ↓ ↓ ↑

9 8 8 7 6
↓ ↓ ↑ ↑ ↓

6 7 7 8 8
↑ ↑ ↓ ↓ ↑

8 7 7 6 5
↓ ↓ ↑ ↑ ↓

5 6 6 7 7
↑ ↑ ↓ ↓ ↑

7 6 6 5 4
↓ ↓ ↑ ↑ ↓

4 5 5 6 6
↑ ↑ ↓ ↓ ↑

6 5 5 4 3
↓ ↓ ↑ ↑ ↓

3 4 4 5 5
↑ ↑ ↓ ↓ ↑

5 4 4 3 2
↓ ↓ ↑ ↑ ↓

2 3 3 4 4
↑ ↑ ↓ ↓ ↑

4 3 3 2 1
↓ ↓ ↑ ↑ ↓

1 2 2 3 3
↑ ↑ ↓ ↓ ↑