

Seven Stroke Roll - Exercise 1

1 of 2

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

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

2 3 3 4 4 5 4 5 4 3 2 2 1 1 1 2 2 3 3 4 3

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4 3 3 2 2 1 1 1

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