

Seven Stroke Roll - Exercise 2

1 of 2

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

5 4 4 3 3 2 2 3 4 4 5 5 6 6 6 5 5 4 4 3 3

4 5 5 6 6 7 7 7 6 6 5 5 4 4 5 6 6 7 7 8 8

8 7 7 6 6 5 5 6 7 7 8 9 10 9 9 8 8 7 7 6 6

7 8 8 9 9 10 10 10 9 9 8 8 7 7

10 9 8 7 7 6 6 6 7 7 8 8 9 9 9 8 7 6 6 5 5

5 6 6 7 7 8 8 8 7 6 5 5 4 4 4 5 5 6 6 7 7

Seven Stroke Roll - Exercise 2

2 of 2

7 6 6 5 4 3 3 3 4 4 5 5 6 6 6 5 5 4 3 2 2
↓ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑

2 3 2 3 4 5 5 5 4 4 3 3 2 2 1 2 2 3 3 4 4
↓ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑

4 3 3 2 2 1 1
↓ ↓ ↑ ↑ ↓ ↓ ↑