

Single Beat Combinations

Read downward

1 
R L R L R L R L R L R L R L

13 
R R R R L L L L R R R R L L L L

2 
L R L R L R L R L R L R L R


14 
R L R L R R L L R L R L R R L L

3 
R R L L R R L L R R L L R R L L

15 
L R L R L L R R L R L R L L R R

4 
L L R R L L R R L L R R L L R R

16 
R L R L R L R R L R L R L R L L

5 
R L R R L R L L R L R R L R L L

17 
R L R L R L L R L R L R L R R L

6 
R L L R L R R L R L L R L R R L

18 
R L R L R R L R L R L R L L R L

7 
R R L R L L R L R R L R L L

19 
R L R L R R R L R L R L R R R L

8 
R L R L L R L R R L R L R L L R L R

20 
L R L R L L L R L R L R L L L R

9 
R R R L R R R L R R R L R R R L

21 
R L R L R L L L R L R L R L L L

10 
L L L R L L L R L L L R L L L R

22 
L R L R L R R R L R L R L R R R

11 
R L L L R L L L R L L L R L L L

23 
R L R L R R R R L R L R L L L L

12 
L R R R L R R R L R R R L R R R

24 
R R L L R L R R L L R R L R L L

* R = right stick
L = left stick

Repeat each exercise 20 times.