

Preparatory Roll Exercises

1)

Count 1 - 2 - 3 - 4 1 - 2 - 3 - 4 etc.



- 1) R R R L R L etc.
- 2) L L R L R L etc.
- 3) R L R L R L etc.



2)

Count 1 - 2 - 3 - 4 1 a 2 a 3 a 4 a etc.



- 1) R R R R R L R L R L R L etc.
- 2) L L L L R L R L R L R L etc.
- 3) R L R L R L R L R L R L etc.



3)

Count 1 a 2 a 3 a 4 a etc.



R L R L R L R L R L R L R L R L R L R L R L etc

