

8 Stroke SLOW-FAST-SLOW

(Stretches)

- 1) WRIST TURNS - Thumb tucked
- 2) open Fingers
- 3) thumb-up forearm

Singles x2

Doubles x2

Diddles x2

(VARY COMMAND) CALL

1. +

2.

MOELLER  
TECH  
Whip



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\* Rudiments Are Good  
\* MOTION. ARMS-ELBOW  
FLAMSKER