

# PRACTICE PAD WORKOUT - 5 STROKE ROLLS

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BELOW IS A BREAKDOWN OF VIDEO LESSON #255

## STICKING PATTERN 1

R R R L L L R R R L L L

## STICKING PATTERN 2

R L R L R L R L R L R L R L R L

## STICKING PATTERN 3

R R L L R L L R R L R R L L R L L R R L

## 2 MEASURE PRACTICE IDEA

R R R L L L R R R L L L R L R L R L R L R L R L R L R L R L R L R L R L