

FLAMTASTIC PRACTICE PAD WORKOUT

BY ALEX RIBCHESTER

BELOW IS A BREAKDOWN OF VIDEO LESSON #291


STICKING PATTERN 1

LR L R L R RL R L LR L R L R RL R L




STICKING PATTERN 2


2 LR L R RL R L LR L R RL R L LR L R RL



3 R L LR L R RL R L LR L R RL R L LR L




4 R RL R L LR L R RL R L LR L R RL R L



STICKING PATTERN 3

5 LR R RL L LR R RL L LR R RL L LR R RL L



PRACTICE SEQUENCE

6 LR L R L R RL R L LR L R L R RL R L LR L R RL R L LR L R RL



8 R L LR L R RL R L LR L R RL R L LR L R RL R L LR L R RL R L



10 LR L R L R RL R L LR L R L R RL R L LR R RL L LR R RL L LR R RL L



12 LR L R L R RL R L LR L R L R RL R L LR R RL L LR R RL L LR R RL L

