



RUDIMENTAL SYSTEMS

SIX STROKE ROLL (SECOND POSITION) - BEGINNER



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

1)

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

2)

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

3)

L R R L L R

4)

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

5)

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