



# RUDIMENTAL APPLICATIONS

## SEVEN STROKE ROLL 2ND POSITION- BEGINNER



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

1)

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

2)

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

3)

R L L R R L L

4)

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

5)

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

6)

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