

Single Beat Combinations

Read downward

1 *** R L R L R L R L R L R L R L R L R L R L

2 L R L R L R L R L R L R L R L R L R L R

3 R R L L R R L L R R L L R R L L R R L L

4 L L R R L L R R L L R R L L R R L L R R

5 R L R R L R L L R L R R L R L L R L R L L

6 R L L R L R R L R L L R L R R L R R L

7 R R L R L L R L R L R R L R L L R L R L

8 R L R L L R L R R L R L R L L R L R L R

9 R R R L R R R L R R R L R R R L R R R L

10 L L L R L L L R L L L R L L L R L L L R

11 R L L L R L L L R L L L R L L L L R L L L L

12 L R R R L R R R L R R R R L R R R L R R R R

13 R R R R L L L L R R R R L L L L R R R R L L L L

14 R L R L R R L L R L R L R R L L R L R L R R L L

15 L R L R L L R R L R L R L L R R L R L R L L R R

16 R L R L R L R R L R L R L R L L R L R L R L R L L

17 R L R L R L L R L R L R L R R L R L R L R R L

18 R L R L R R L R L R L R L L R L R L R L L R L

19 R L R L R R R L R L R L R R R L R L R L R R R L

20 L R L R L L L R L R L R L L L R L R L R L L L R

21 R L R L R L L L R L R L R L R L L L R L R L R L L L

22 L R L R L R R R L R L R L R R R R L R L R L R R R R

23 R L R L R R R R L R L R L L L L R L R L R L L L L

24 R R L L R L R R L L R R R L R L L L R L R L L L

* R = right stick
L = left stick

Repeat each exercise 20 times.