

4-2-1 PUDUDA

SNARE

12
8

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

3

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

6

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

9

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

12

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

15

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

* EXERCISE REPEATS OFF THE LEFT HAND
(ARA: REPEAT WITH OPPOSITE STICKING)