

Single Beat Combinations

Read downward

1
 R L R L R L R L R L R L R L

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

* R = right stick
L = left stick

Repeat each exercise 20 times.