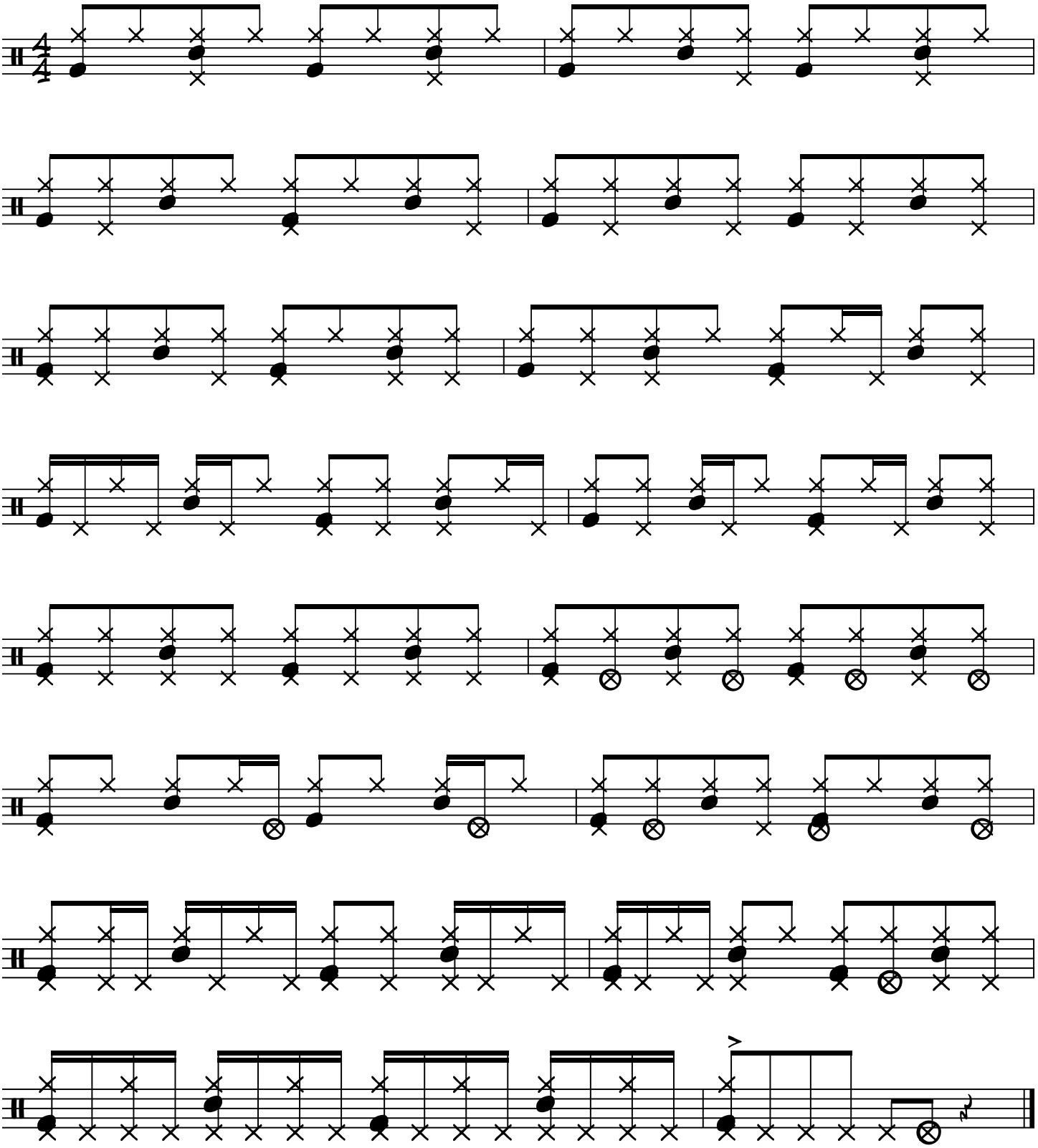
LESSON OF THE WEEK FOR JULY 16TH, 2015

FOOT HI-HAT EXERCISE

HERE IS A LITTLE WORKOUT FOR THE FOOT HI-HAT...