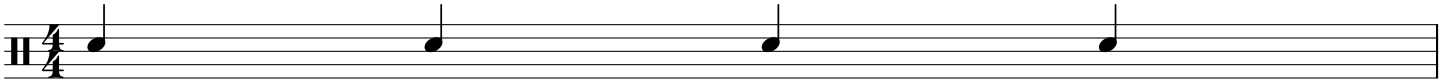
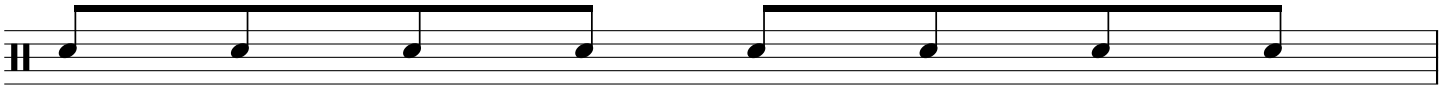
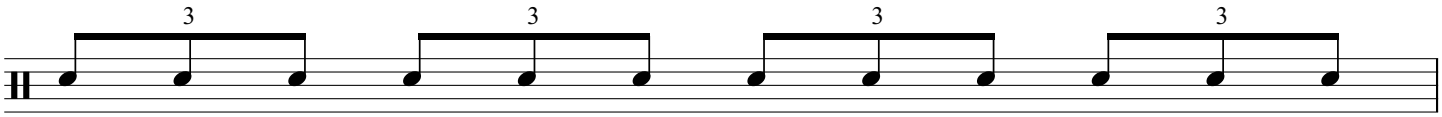
Double Stroke Roll Workout

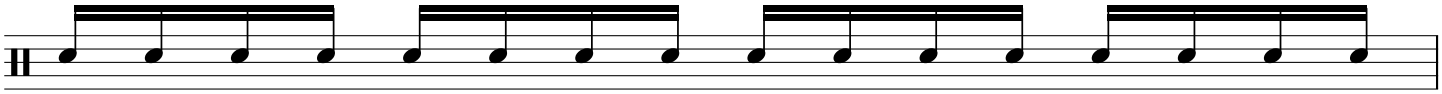
The Rhythmic Scale

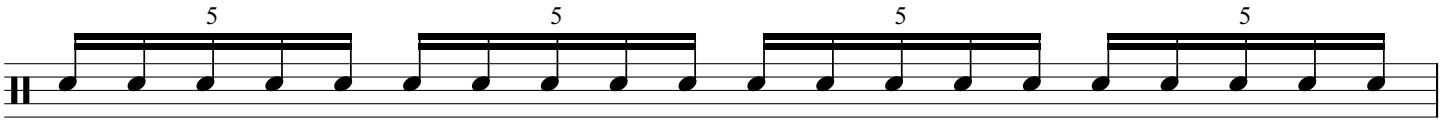


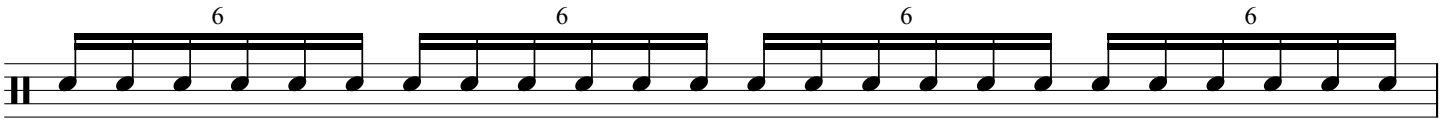
1st time: R	R	L	L	etc.
2nd time: L	L	R	R	etc.

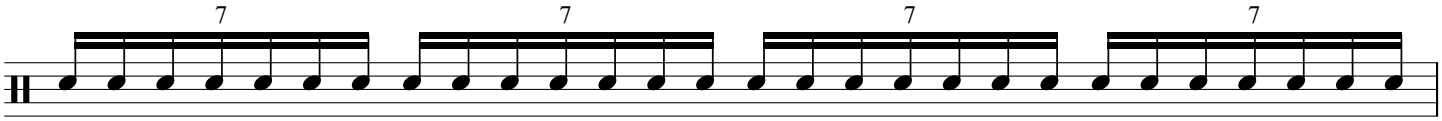


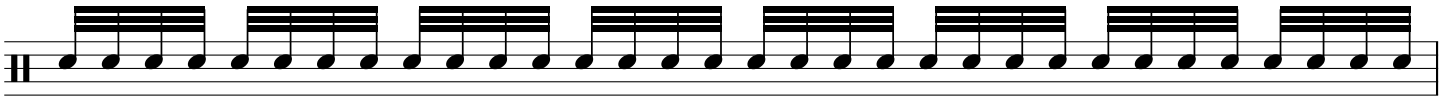




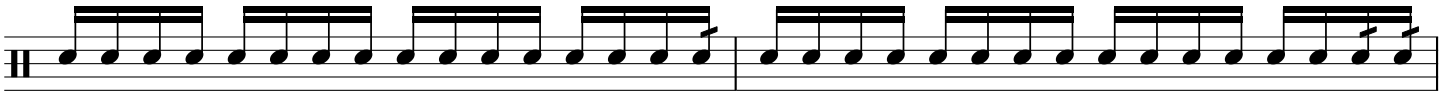
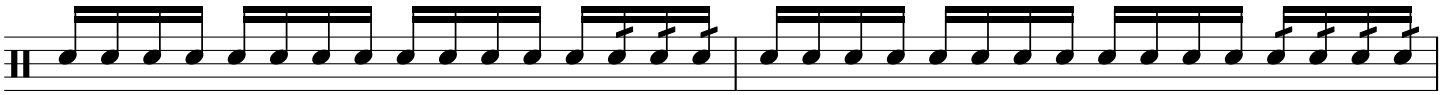
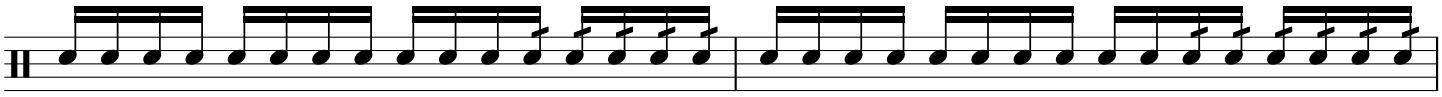
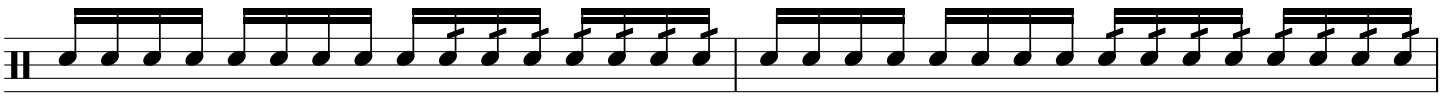
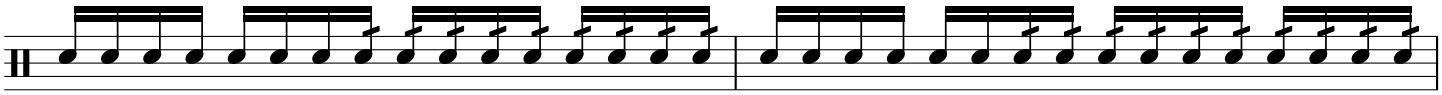
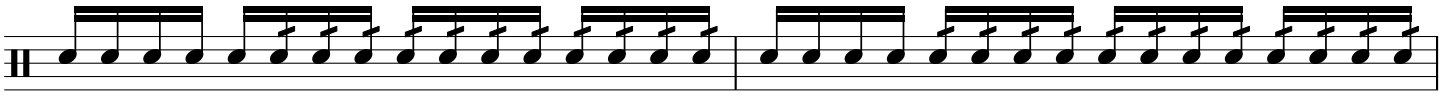
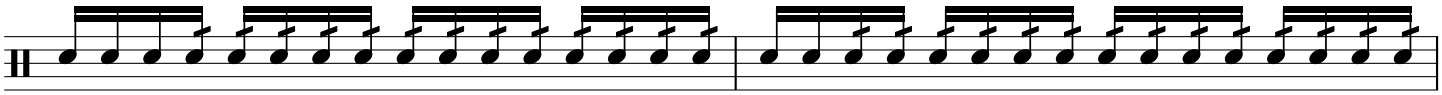
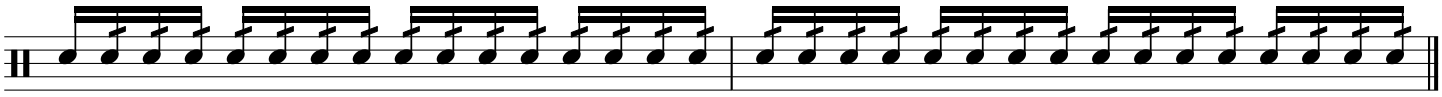








Burn It!!!



R L R L R L R L R L R L R L R LL etc.