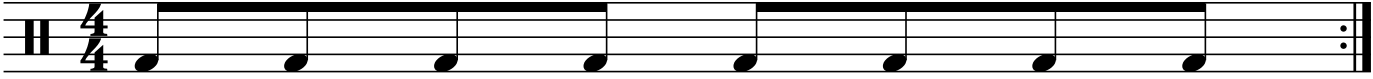
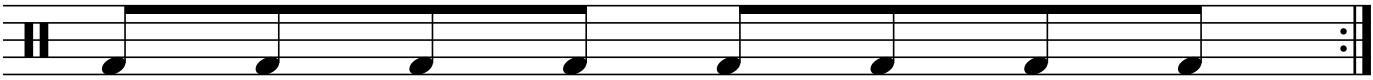

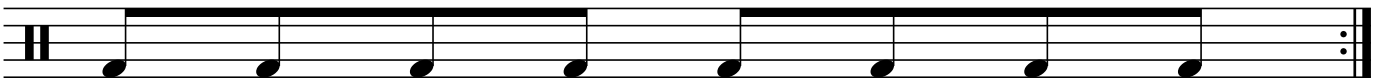


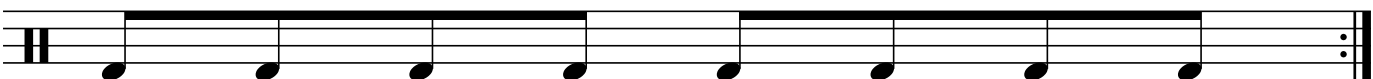
STICKING WARM UP

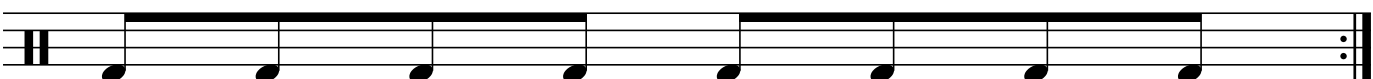
1. 
R R R R R R R R

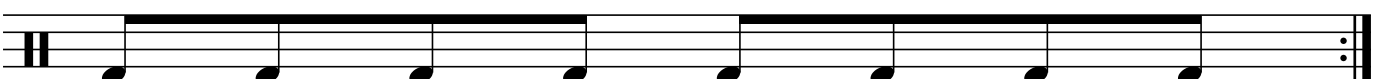
2. 
L L L L L L L L

3. 
RL RL RL RL RL RL RL RL

4. 
R R R R L L L L

5. 
R R L L R R L L

6. 
R L R L R L R L

7. 
R L R R L R L L

PRACTICE AT DIFFERENT TEMPOS AND DYNAMICS.