

Independence exercise

Single strokes vs Double strokes

Patrick Marsepoil

Horizontal : hands vs feet

R L R L ...etc

R R L L R R L L

L L R R L L R R

Vertical : RH-RF vs LH-LF

R R R R

R R R R

R R R R

R R R R

Diagonal : RH-LF vs LH-RF

R R R R

R R R R

R R R R

R R R R