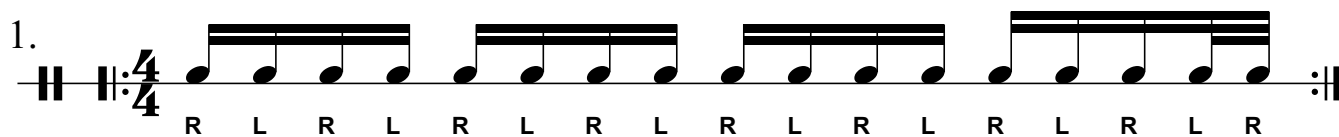


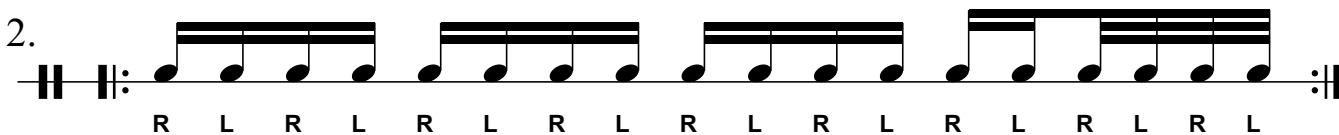
Endurance Exercises for Single Strokes

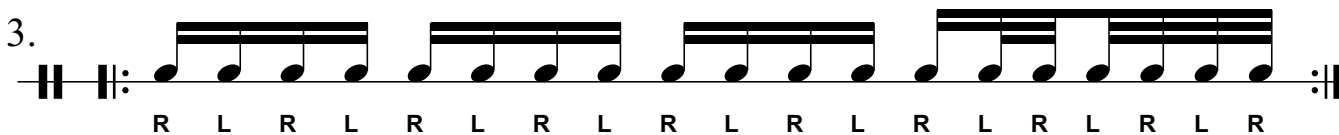
This exercise is printed in Gary Chaffee's book *Technique Patterns*, (p. 11).

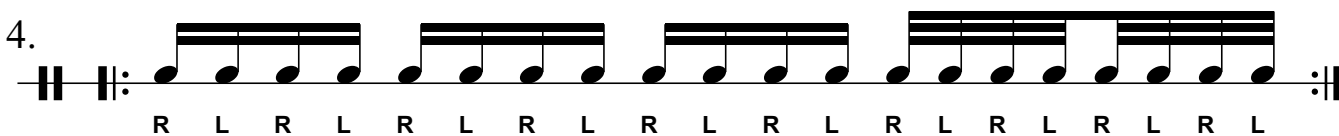
Play the exercise forwards (from 1 to 16) and then in reverse direction (15, 14, 13... back to 1).

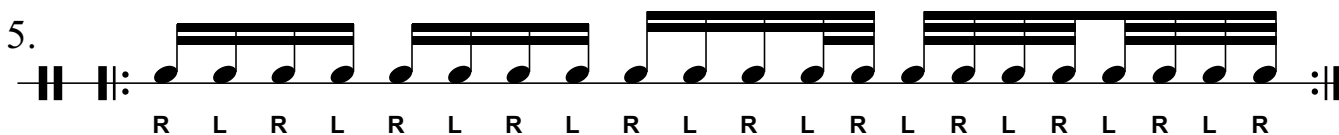
Play each bar four times. ♩ = 80 +

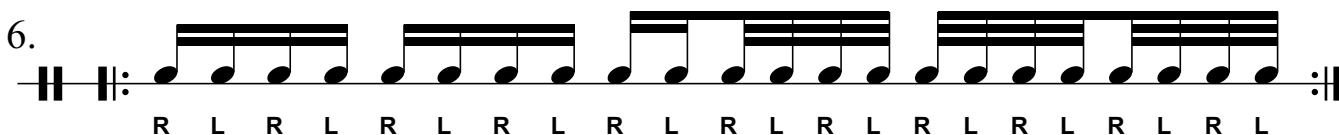
1. 
R L R L R L R L R L R L R L R L R

2. 
R L R L R L R L R L R L R L R L R L

3. 
R L R L R L R L R L R L R L R L R L R

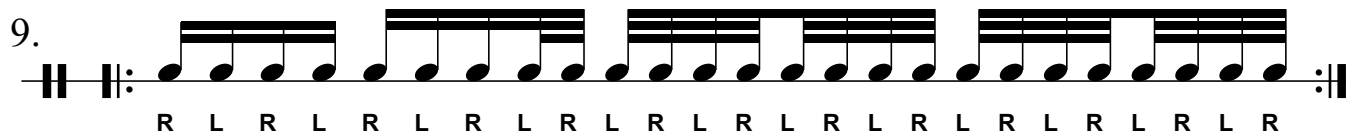
4. 
R L R L R L R L R L R L R L R L R L R L

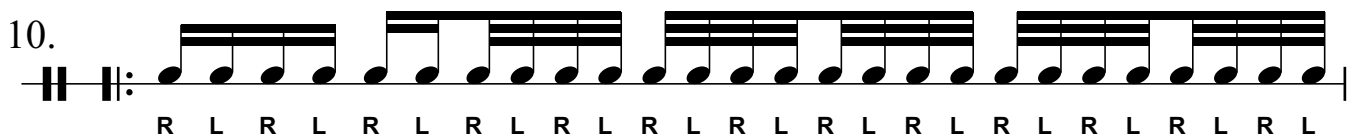
5. 
R L R L R L R L R L R L R L R L R L R

6. 
R L R L R L R L R L R L R L R L R L R L

7. 
R L R L R L R L R L R L R L R L R L R

8. 
R L R L R L R L R L R L R L R L R L R L

9. 
R L R L R L R L R L R L R L R L R L R L R L R

10. 
R L R L R L R L R L R L R L R L R L R L R L R L

11. 
R L R L R L R L R L R L R L R L R L R L R L R L R

12. 
R L R L R L R L R L R L R L R L R L R L R L R L R L

13. 
R L R L R L R L R L R L R L R L R L R L R L R L R

14. 
R L R L R L R L R L R L R L R L R L R L R L R L R L

15. 
R L R L R L R L R L R L R L R L R L R L R L R L R

16. 
R L R L R L R L R L R L R L R L R L R L R L R L R L