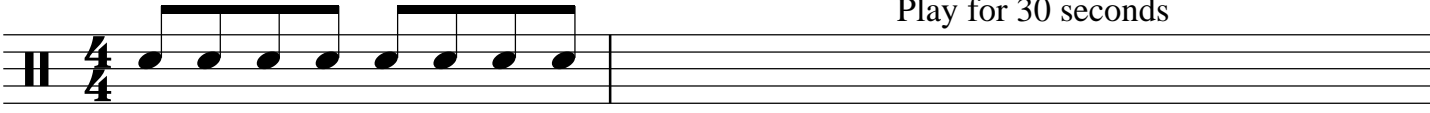
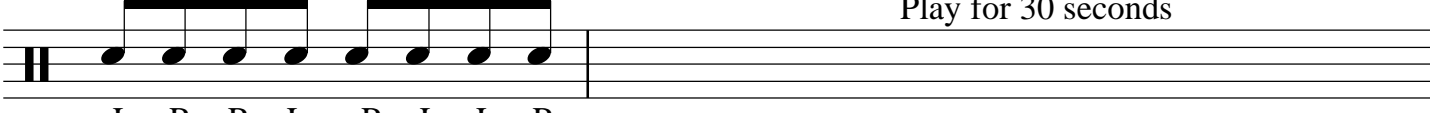


Drum Base

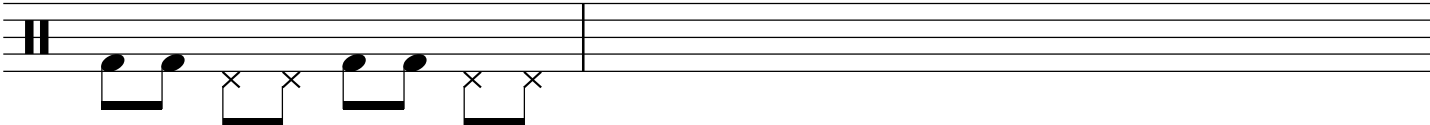
Coordination Exercises

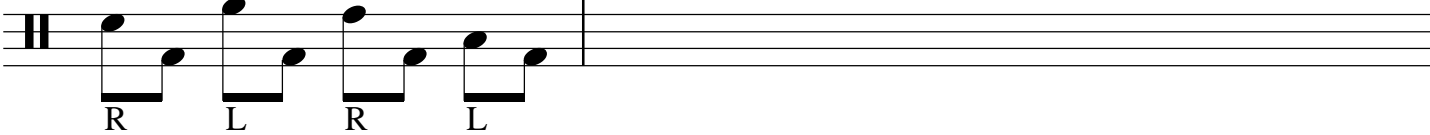
A  Play for 30 seconds

R L L R L R R L

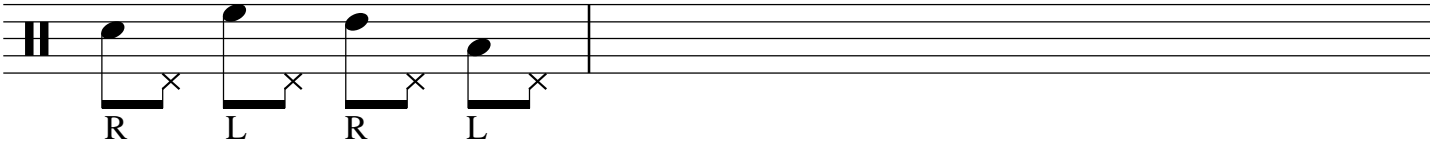
B  Play for 30 seconds

L R R L R L L R

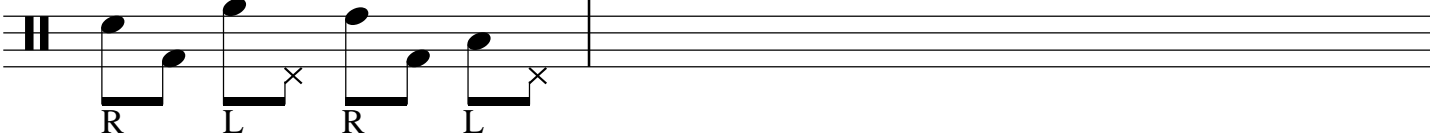
C  Play for 30 seconds

D  Play for 30 seconds

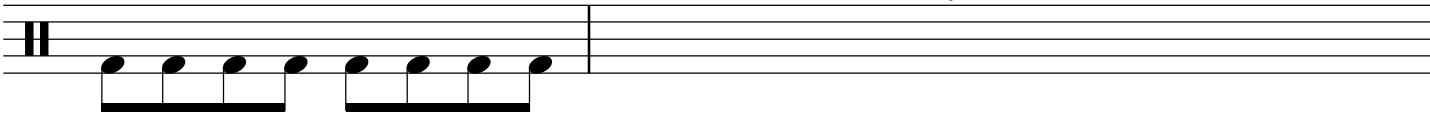
R L R L

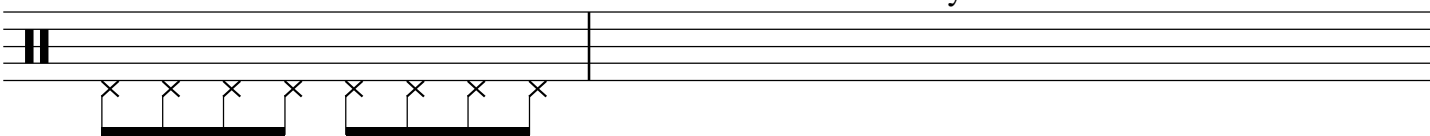
E  Play for 30 seconds

R L R L

F  Play for 30 seconds

R L R L

G  Play for 30 seconds

H  Play for 30 seconds