



Practice playing the combinations below to become more familiar with them. Play each exercise for 60 seconds. For best results, play along with a metronome.

Exercise 1

1	"and" +	2	"and" 十	3	"and" 十	4	"and" 十	1	"and" +		"and" +	3	"and" +	4	"and" +
R				R				R		R		R		R	

Exercise 2

1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
R	L			R	L			R	L	R	L	R	L	R	L

Exercise 3

1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
R		R		R	L	R		R	L	R	L	R	L	R	

Exercise 4

1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
R		R	L	R		R	L	R		R		R	L	R	L