

Single Beat Combinations

Read downward

* 1
R L R L R L R L R L R L R L

13 13
R R R R L L L L R R R R L L L L

2 2
L R L R L R L R L R L R L R

14 14
R L R L R R L L R L R L R R L L

3 3
R R L L R R L L R R L L R R L L

15 15
L R L R L L R R L R L R L L R R

4 4
L L R R L L R R L L R R L L R R

16 16
R L R L R L R R L R L R L R L L

5 5
R L R R L R L L R L R R L R L L

17 17
R L R L R L L R L R L R L R R L

6 6
R L L R L R R L R L L R L R R L

18 18
R L R L R R L R L R L R L L R L

7 7
R R L R L L R L R R L R L L R L

19 19
R L R L R R R L R L R L R R R L

8 8
R L R L L R L R R L R L L R L R L R

20 20
L R L R L L L R L R L R L L L R

9 9
R R R L R R R L R R R L R R R L

21 21
R L R L R L L L R L R L R L L L

10 10
L L L R L L L R L L L R L L L R

22 22
L R L R L R R R L R L R L R R R

11 11
R L L L R L L L R L L L R L L L

23 23
R L R L R R R R L R R R L L L L

12 12
L R R R L R R R L R R R L R R R

24 24
R R L L R L R R L L R R L R L L

* R = right stick
L = left stick

Repeat each exercise 20 times.