

Wrist Stroke Studies

- A - Equals Arm Strokes
- W - " Wrist Strokes
- P - " Bounce or (rebound) Strokes
- L - " Finger Strokes

No.1

The image contains ten staves of musical notation, numbered 1 through 10. Each staff is in a 2/4 time signature and features a series of eighth notes with accents. Below each staff is a sequence of 'R' and 'L' characters representing the hand used for each stroke. The sequences are as follows:

- Staff 1: R L R L R L R L / L R L R L R L R
- Staff 2: R L R L R L R L / L R L R L R L R
- Staff 3: R L R L R L R L / L R L R L R L R
- Staff 4: R L R L R L R L / L R L R L R L R
- Staff 5: R L R L R L R L / L R L R L R L R
- Staff 6: R L R L R L R L / L R L R L R L R
- Staff 7: R L R L R L R L / L R L R L R L R
- Staff 8: R L R L R L R L / L R L R L R L R
- Staff 9: R L R L R L R L / L R L R L R L R
- Staff 10: R L R L R L R L / L R L R L R L R

Arm and Wrist Stroke Studies

No. 3

1 

2 

3 

4 

5 

6 

7 

8 

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