

Double Sticking-1

1)

1 + 2 + 3 e + ah 4 e + ah

R L R L R R L L R R L L

1 + 2 e + ah 3 + 4 e + ah

R L R R L L R L R R L L

2)

1 e + ah 2 e + ah 3 e + ah 4 e + ah

R L R L R L R L R R L L R R L L R R L L R R L L

or

R L R L R L R L RLRL RLRL

double stick

3)

1 e + ah 2 e + ah 3 e + ah 4 e + ah

R L R L R R L L R R L L R L R L R R L L R R L L

or

R L R L RLRL RLRL RLRL

double stick double stick

Double Sticking-2

R L R L
L R L R

R L R L R L R L
L R L R L R L R

Double Stick

R L R L R L R L R L R L R L
L R L R L R L R L R L R

Double Stick

R L R L R L R L
L R L R L R L R

Double Stick

R R L L
L L R R

R L R L R R L L
L R L R L L R R

Double Stick

R L R L R R L L R R L L R R L L
L R L R L L R R L L R R

Double Stick

R L R L R L R L
L R L R L R L R

Double Stick

R R R R

R L R L R R R R
L R L R L R L R

Double Stick

R L R L R R R R R R R R R R
L R L R L R L R L R L R

Double Stick

R L R L R L R L
L R L R L R L R

Double Stick

L L L L

L R L R L L L L
L R L R L R L R

Double Stick

L R L R L L L L L L L L L L
L R L R L R L R L R L R

Double Stick

L R L R L R L R
L R L R L R L R

Double Stick

R L R R

L R L R L R L L
L R L R L R L R

Double Stick

R L R L R L R R L R L L
L R L R L R L R L R L R

Double Stick

R L R L R L R L
L R L R L R L R

Double Stick

L R L L

R L R L R L R R
L R L R L R L R

Double Stick

L R L R L R L L R L R R
L R L R L R L R L R L R

Double Stick

L R L R L R L R
L R L R L R L R

Double Stick