

RUDIMENTS 1

Helbekah

FLAM



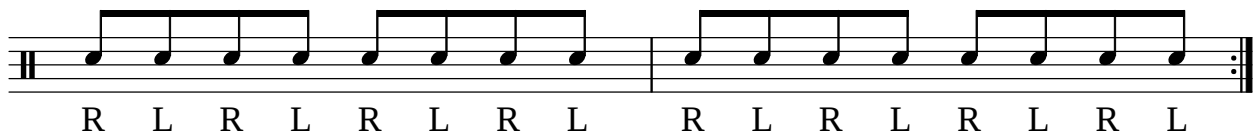
DRAG



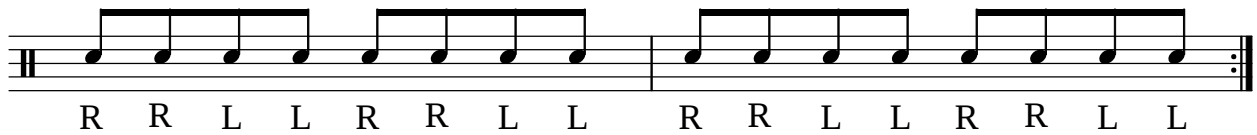
RUFF



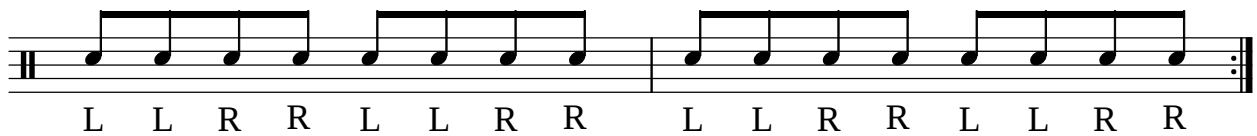
SINGLE STROKES



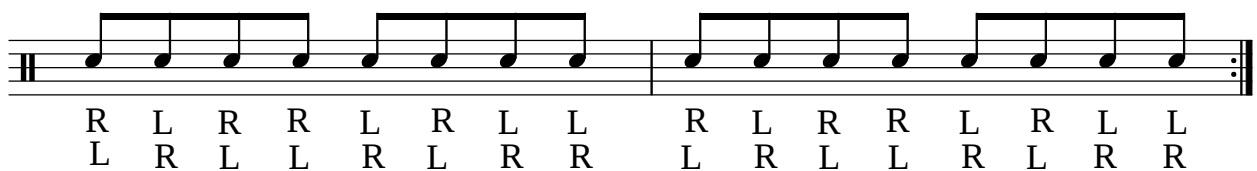
DOUBLE STROKES



DOUBLE STROKES REVERSED



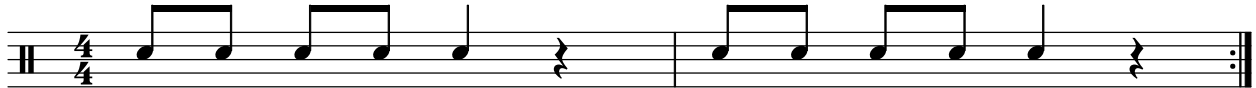
PARADIDDLES



RUDIMENTS 2

Helbekah

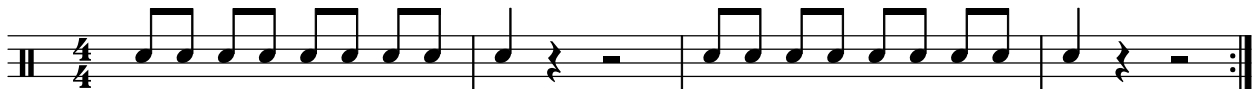
FIVE STROKE ROLL



SEVEN STROKE ROLL



NINE STROKE ROLL



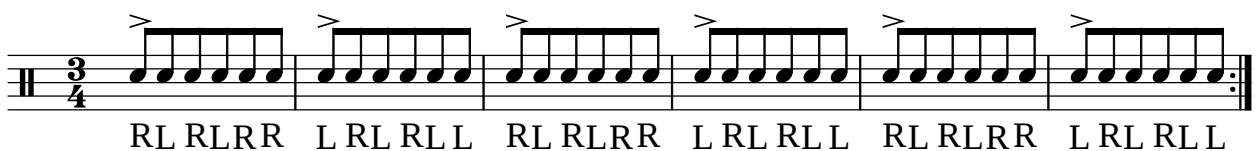
PARADIDDLE-DIDDLE



SINGLE RATAMACUE



DOUBLE PARADIDDLE



FLAM TAP



Helbekah

DOUBLE RATAMACUE

DOUBLE KATAMACUSE

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

TRIPLE RATAMACUE

TRIPLE RATAMACUE

L L R LL R L R L R R L R R L R R L R L R

FLAM ACCENT

FLAMACUE

FLAMACUE

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

FLAM PARADIDDLE

11-STROKE ROLL

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

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

RUDIMENTS 4

Helbekah

13-STROKE ROLL

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

17-STROKE ROLL

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

DRAG AND STROKE

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

DOUBLE DRAG AND STROKE

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

DRAG PARADIDDLE 1

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

DRAG PARADIDDLE 2

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

SWISS ARMY TRIPLET

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