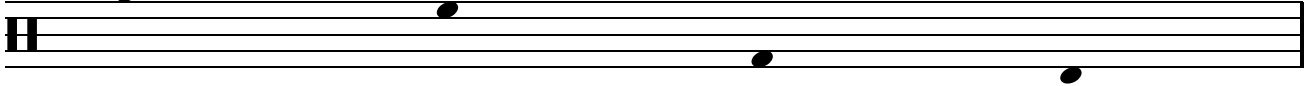


009.01

stickingpatterns.com

Right Hand Left Hand Righth Foot Left Foot

Key 

First gain control, then increase speed.
Use whatever techniques you've been taught.
If you want to achieve good results, work slowly.



009.01

stickingpatterns.com

