

# Fills - 3/8 framework - 01

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## Basic framework

## Fill options

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

**2**  
 R L R L R L

**3**  
 R L R L  
 L R R L

**4**  
 R L R L R L  
 R L R R L L  
 R L L R R L

**5**  
 R L R L R L R L  
 R L L R L R R L  
 L R R L R L R L

**6**  
 R L R L R L L  
 R L R R L L  
 R L L R R L

**7**  
 R L L R L R L R L  
 R L R L R L R L L  
 R L L R R L R L L

**8**  
 R L R L R L R L R L  
 R L L R L R R L R L R L

**9**  
 R L R L R L R  
 R L R R L  
 R L L R L

**10**  
 R L R L R L R L  
 R L R R L L R L  
 R L L R R L R L

**11**  
 R L R L R L R L R L R  
 R L L R L R R L R L L

**12**  
 R L R L R L

**13**  
 R L R L R L

**14**  
 R L L

**15**  
 R L R L R L

**16**  
 R L

**17**  
 R L R L R L R  
 R L L R L R  
 L R R L R

**18**  
 R L R L R  
 R L L R L  
 L R R L R

**19**  
 R L R L R L R  
 R L L R L R R  
 L R R L R L L

**20**  
 R L L

**21**  
 R L

**22**  
 R L R L R L

**23**  
 R L R L R L

**24**  
 R L R L R L R L

**Practice phrases**

