

# Hand motions for Stone flam studies

Stick Control, page 16, exercises 1-18

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## Exercises 1 and 2:

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

## Lead hand:

R R  
 L L

## Other hand:

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

## Exercises 5 and 6:

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

R R R R  
 L L L L

R R R R  
 L L L L

## Exercise 3:

L R R R R L L L

R R R R

L L L L

## Exercise 4:

L R L R R L R L

R R R R

L L L L

## Exercise 7:

L R R L R L L R

R R R R

L L L L

## Exercises 8 and 9:

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

R R R R  
 L L L L

L L L L

## Exercise 10:

L R L R R R L R L L

R R R R R

L L L L L

**Exercise 11:**

L R R R L L R R R L L

**Lead hand:**

R R R R R R R

**Other hand:**

L L L L L L L

**Exercise 12:**

L R L R L R L R L R

R R R R R

L L L L L

**Exercises 13 and 14:**

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

R R R R  
L L L L

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

**Exercise 15:**

L R R L R R L L R L

R R R R R

L L L L L

**Exercise 16:**

L R R L L R L L R R

R R R R R

L L L L L

**Exercise 17:**

L R L L R R L R R L

R R R R R

L L L L L

**Exercise 18:**

L R R R R R L L L L

R R R R R

L L L L L