

Stick Control in 5/4

with triplets

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Stickings of exercises 16-18
and 23-24 reverse on repeat.

right hand
left hand

13 RRRRLLLLRRRR LLLLRRRRLLLL

14 RLRLRRLRLRL RLLRLRLRRL

15 LRLRLLRRLRLR LLRRLRLRLLRR

16 RLRLRLRRLRLR LLLLRLRLRRLR

17 RLRLRLLRLRLR LRRLRLRLRLLR

18 RLRLRRLRLRLR LLRLRLRLRRLR

19 RLRLRRRLRLRL RRRLRLRLRRRL

20 LRLRLLLRLRLR LLLRLRLRLLLLR

21 RLRLRLLRLRL RLLLRLRLRLLL

22 LRLRLRRRLRLR LRRRLRLRLRRR

23 RLRLRRRRRLRLR LLLLRLRLRRRR

24 RRLRLRRLRRLR LRLRLLRRLRRL

1 RLRLRLRLRLRL

2 LRLRLRLRLRLR

3 RLLRRLRRL

4 LLRRLRRLRRL

5 RLRRRLRRLRRL LRLRLLRRLRL

6 RLLRLRRLRRLR LRRLRLLRRLR

7 RRLRLRLRRLR LLRLRRLRLLRL

8 RLRLRRLRRLRL LRLRRLRLLRRL

9 RRRLRRRLRRRL

10 LLLRLLLRLLLR

11 RLLLRLLLRLLL

12 LRRRLRRRLRRR