

# TIM'S EXERCISES

## FOR FOOT SPEED (THIS IS A DERICO WATSON EXERCISE)

USE DIFFERENT HAND PATTERNS

4

WORK EACH SUBDIVISION BELOW AS:

- SINGLE ALTERNATING STROKES (RLRLRL)
- DOUBLE STROKES (RRLRLRL)
- PARADDIDLES (RLRR LRL)
- LEAD WITH LEFT HAND FOR EACH STICKING VARIATION

7

10

NOW ADD A FOOT PATTERN WHILE YOU DO EACH SUBDIVISION AND STICKING VARIATION

12

14

GROUPS OF 5

16

RL RRL RL RRL ...

19

GROUPS OF 6 (PARADDIDLE-DIDDLE)

21

RL RRL L RL RRL L ...

24