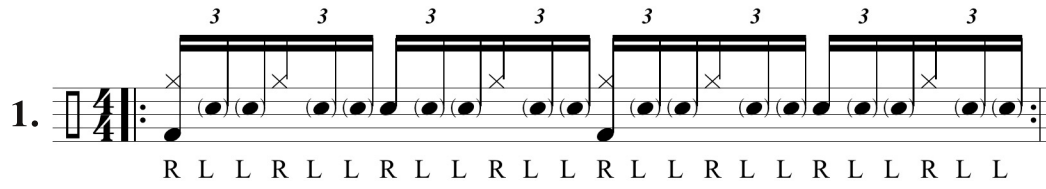
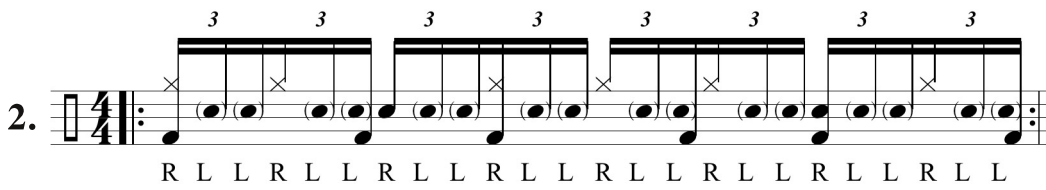
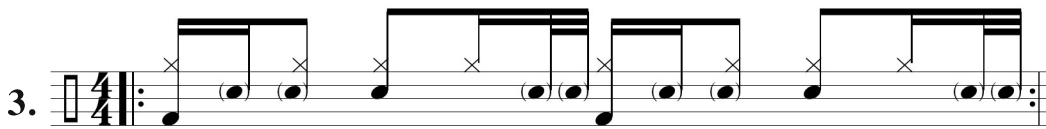


3 Grooves to improve your Left Hand Doubles

Groove 1

1. 
R L L R L L R L L R L L R L L R L L R L L R L L

2. 
R L L R L L R L L R L L R L L R L L R L L R L L

3. 

Groove 3

4. 