





**Speeding up the Six Stroke Roll**

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

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

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

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

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

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