## Speeding up the Six Stroke Roll

1a.


1b.

$\begin{array}{lllllllllllllllllllllllll}\mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L}\end{array}$

2a.

$\begin{array}{llllllllllllllllllllllll}R & L & L & R & R & L & R & L & R & L & L & R & R & L & R & L & L & R & L & L & R & R & L\end{array}$

2b.

$\begin{array}{lllllllllllllllllllllllll}\mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L}\end{array}$

$\begin{array}{lllllllllllllllllllllll}\mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R}\end{array} \mathrm{L}$

