


# 5 Strokes plus....

## 7-Stroke Roll

*count*  
*in 4*



R R L L R R L




L L R R L L R



LLRRL L R LLRRL L R

Also: RRL L R R L

1 2 3 4



L L R R L L R L L R R L L R L L R L L R R L L R

Also: R R L L R R L R R L L R R L R R L L R R L R R L L R R L

1 2 3 4

## 10-Stroke Roll

*count*  
*in 3*



R R L L R R L L R L



L L R R L L R R L R

*count*  
*in 2*



R L L R R L L R R L

1 + a 2 + a



L R R L L R R L L R

1 + a 2 + a