Beginner Sticking Exercises

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

Date	BPM	Notes

Date	BPM	Notes

Intermediate Sticking Exercises

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

Date	BPM	Notes

Date	BPM	Notes

Advanced Sticking Exercises

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

Date	BPM	Notes

Date	BPM	Notes

Expert Sticking Exercises

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

Date	BPM	Notes

Date	BPM	Notes