

From page # 7 Eighth Note Hemiolas Ordinary Flams- Single Load

12 7D U T 7D U T 13 T 7D U T 7D U 14 U T 7D U T 7D

1R 1L 2R 2L 3R 3L R 1L 2R 2L 1R 2L R 2L 1R 2L 3R 3L SS

From page # 20 Triplet Hemiolas One Sided Ordinary Flams- Double Load

11 7F 7D U T 7F 7D U T 7F 7D U T 12 T 7F 7D U T 7F 7D U T 7F 7D U

1R 1L 2R 2L 3R 3L 1R 1L 2R 2L 3R 3L R 1L 2L 2R 3L 3R 1R 1L 2R 2L 3R 3L

From page # 31 Eighth Note Swiss Flams- Triple Load

33 7D 7D 7D T 34 T 7D 7D 7D 35 7D T 7D 7D 36 7D 7D T 7D

1R 1L 2R 2L R 1L 2R 2L 1R 2L 1R 2L 1R 1L 2R 2L

From page # 55 Triplet Burdened Flams- Transition Exercise

67 7D U 7D U 7D U 7D U 7D U 7D U 7D U 7D U

1R 1L 2R 2L 3R 3L 1R 1L 2R 2L 3R 3L 1R 1L 2R 2L 3R 3L 1R 1L 2R 2L 3R 3L



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