

Technical Exercises

- "Toe" Doubles -

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Phrase 1 + 0 Phrase 2

Phrase 3 Phrase 4 (3 + 2)

Phrase 5 Phrase 6

Phrase 7 Phrase 8

Phrase 9 ("Doubles") Phrase 10

* Push Pull Pull

Phrase 11 Slap Phrase 12

Phrase 13 Rotate into "Heel" Phrase 14 Rotate into "Heel"

Rotate into "Heel" Rotate into "Heel"

* Push = Driving "toes" out & away from body; Pull = playing in a light, dragging motion toward the body.