



152 VARIATIONS

ALL IN

15 · 7 · 13 · 7
16 · 8 · 16 · 8

DR. MATTHEW LEMIEUX

About This Book

This book fits a whole curriculum into a single exercise and its variations!

152 Variations All In $\frac{15}{16} \cdot 7 \cdot \frac{13}{16} \cdot 7$ consists of a standardized, mixed-meter pattern for fitting rudiments, rudiment combinations, and fundamental strokes—much like the traditional patterns known as *Mission* and *Chugida*. Including both four-note and three-note groupings allows for a broader examination of each rudiment or pattern, and the construction enables equally left- and right-handed assignments as written (with the sole exception of Variation 34, which is repeated “off the left” as Variation 35). While it is debatable whether these features make this structure meaningfully better than *Mission* or *Chugida*, the variations in this book reach beyond what is usually explored in those traditional exercises, covering ideas that are more often examined via dedicated études, timing patterns, 4–2–1 grids, and rudiment breakdowns.

The organization of this book attempts to broadly follow an educationally sensible progression, beginning with the basics, leading into drag combinations, following with flam combinations, and finishing with grid-like flam/buzz/diddle permutations. It may feel like certain things are shoehorned in where they do not fit, but it is generally the case that a variation will have some notable relationships to the variations that appear near it, and you will certainly notice some common motifs in the ordering (e.g., an open roll pattern followed by the corresponding closed roll and slurred roll patterns).

Different variations will have unique demands for the application of wrist turn, fulcrum, and rebound, but in addition to what they may teach you about your hands and your mind, they will serve meta-educational ends (i.e., education about education), demonstrating:

- How to create new variations of an exercise, to better understand the exercise and/or to broaden its usefulness.
- Different approaches for examining the same core concept.
- Similar approaches for examining different core concepts.
- Relationships between different rudimental demands.
- Intelligent examples of many standard exercise types that any program or packet should cover.

A drumline who uses this book will have to develop a “sixth sense” around timing, being able to lock into the ensemble across ever-changing exotic feels, anchored by a laser focus on fundamentals. As an individual, you should get a very good sense of the “blind spots” of your mental or physical chops; allow this exposure of your weaknesses to drive you forward on the path towards excellence!

About the Composer

Matthew Lemieux is a musician, composer, and educator with a background in battery percussion. Originally from Cary, NC, he was first exposed to rudimental drumming on the drumline at Cary High School, under the tutelage of Will Goodyear.

He was a performer with the world-class WGI ensemble *Constitution* in 2008, and as an undergraduate student, he marched with the NC State *Power Sound of the South* marching band, serving as drumline captain for two years. During this time, he worked closely with instructor John Antonelli to develop and refine the line's exercise program and performance repertoire. Outside of school, he assisted John as a battery instructor for the Athens Drive High School marching band and indoor drumlines from 2009–2011. Matthew received his Bachelor of Science in Chemical Engineering from North Carolina State University in 2011.

After moving to Utah to continue his education, he remained involved in the marching arts, serving as the snare drum instructor for Weber State Indoor Percussion (now *Gold Spike Percussion*) for the 2014 and 2015 seasons, consulting for high school programs in the Carolinas, and curating *FatMattDrums.com*, a massive repository of original drumline cadences, ensemble warm-ups, and rudimental exercises. Matthew earned his Ph.D. in Chemical Engineering from The University of Utah in 2017 and now works as a research & development engineer in the prosthetics industry, helping people to maintain or regain their freedom of movement. He enjoys his free time with his wife, Jessica, and their two amazing children.



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|---|---|

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Table of Variations (4/4)

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 CL. Ornaments: Samehand Tap — Flam — Flam
 CLI. Space and Time
 CLII. Rest

Twelve Eight-Bar Exercises in 12/8 To Stave Off

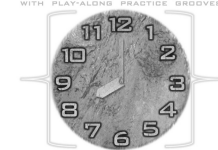
CABIN FEVER

www.fatmattdrums.com

As the title suggests, this book consists of exercises that are all eight measures long and in 12/8 time, which means they are all the same length and have roughly similar feels. Because of this, two sets of playalong practice grooves, included *completely for free*, can accompany any exercise in the book, raising your practice experience to another level! The exercises themselves are intelligently crafted to reinforce the fundamentals of drumming mechanics, as well as your timing, groove, and mental fortitude.

FREE

**TWELVE EIGHT-BAR
 EXERCISES IN 12/8
 TO STAVE OFF 8
 CABIN FEVER**



DR. MATTHEW LEMIEUX
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I. Legatos, Lead Hand

001

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

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

II. Legatos, Cloning

002

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

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

III. Legatos, Prep Timing

003

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

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

IV. Dubs

004

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

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

IX. Filled In (Accent-Tap)

009

15/16

13/16

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

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

X. Two-Accent

010

15/16

13/16

R L r I R L r I R L r I R L r L R I r L R I r L R I r L R I R L r I R L r L R I r L R I R L r I R L r L R I r L R I

R L r L R I R L r L R I r L R I r L R I r L R I r L R L R L r L R I R L r L R I r L R I r L R L R L R

XI. Contiguous Accents

011

15/16

13/16

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

R L R

XII. Paradiddle / Pudida

012

15/16

13/16

R I r r r L r I I R I r r r L r r L r I I R I r r L r I I R I I R I r r L r r L r I I R I I R I r r L r r L r I I R I I

R I I R I I R I I R L r r L r r L r r L r r L R I I R I I R L r r L r r L R

XIII. Paradiddle / Pudida, with Second Note Crush

013 $\frac{15}{16}$ $\frac{13}{16}$

XIV. Swiss and Mill Sticking

014 $\frac{15}{16}$ $\frac{13}{16}$

XV. Herta

015 $\frac{15}{16}$ $\frac{13}{16}$

XVI. Singlestroke Four

016 $\frac{15}{16}$ $\frac{13}{16}$

XVII. Herta, add Downbeat Accents

017

15/16

R I r I r L r I r I R I r I r L r I r L r I r I R I r I r L r I r I R I r I

13/16

R I r I R I r I R I r I R L r I r L r I r L r I r L R I r I R I r I R L r I r L R I r I R I r I R L r I r L R

XVIII. Samehand Tap Roll

018

15/16

R r r II r r L II r r II R r r II r r L II r r L II r r II R r r II r r L II r r II R r r II

13/16

R r r II R r r II R r r II R r r II R L II r r L II r r L R r r II R r r II R L II r r L II r r L R

XIX. Samehand Closed Tap Roll

019

15/16

R r I r L I r I R r I r L I r R I r I L r I R r I r L r I R r I r L I r L I r I R r I

13/16

R r I R r I R r I R r I R L I r L I r L I r L R r I R r I R L I r L I r L R r I R r I R L I r L I r L R

XX. Paradiddle-diddle-diddle / Paradiddle-diddle

020

15/16

R I r r II r r L r II r r II R I r r II r r L r II r r L r II r r II R I r r II r r L r II r r II R I r r II

13/16

R I r r II R I r r II R I r r II R R L r II r r L r II r r LL R I r r II R I r r II R R L r II r r L r II r r LL R

XXI. Inverted Paradiddle / Pudida

021

R I I r L r r I R I I r L r r L r r I R I I r L r r I R I I R I I r L r r L r r I R I I R I I r L r r L r r I R I I

R I I R I I R I I R I I R L r r L r r L r r L r r L R I I R I I R L r r L r r L R I I R I I R L r r L r r L R

XXII. Singlestroke Tap Drag

022

R I r I r L r I r I R I r I r L r I r L r I r I R I r I r I R I r I r I R I r I r L r I r L r I r I R I r I r I R I r I r L r I r L r I r I R I r I r I

R I r I R I r I R I r I R I r I R L r I r L r I r L r I r L r I r L R I r I R I r I R L r I r L r I r L R I r I R I r I R L r I r L r I r L R

XXIII. Paradiddle Turnaround

023

R I r I I r r L r I r r I I R I r I I r r L r I r r L r I r r I I R I r I I r r L r I r r I I R I r I I R I r I I r r L r I r r I I R I r I I ...

R I r I I R I r I I R I r I I R L r I r r L r I r r L r I r r L R I r I I R I r I I R L r I r r L r I r r L ...

XXIV. Grandma Turnaround

024

R I R I I r r L r L r r I I R I R I I r r L r L r r L r L r r I I R I R I I R I R I I R I R I I r r L r L r r L r L r r I I R I R I I ...

R I R I I R I R I I R I R I I R L r L r r L r L r r L r L r r L R I R I I R I R I I R L r L r r L r L r r L ...

XXIX. Buck Four / Upstroke

029
 R r r r L l l l R r r r L l l l L l l l R r r r L l l l R r r

XXX. Singlestroke Seven with Accent

030
 R l r l r l r L r l r l r l R l r l r l r L r l r l r l R l r l r l r L r l r l r l R l r l r l r L r l r l r l R l r l r l r L r l r l r l R l r l r l r

XXXI. Clone Singles

031
 r l r l r

XXXII. Clone Singles with Accents

032
 R r r r r R R R l r l r l r r r r r r r L r l r l r l R r r r r R l r l r l r r r r r r r L r l r l r l

XXXIII. Moeller Singles

A truly useful explanation of the technique for Moeller Singles is beyond the scope of this book. If in doubt, stick to rehearsing singlestrokes with a mechanically defined accent-tap approach, and seek expert instruction on this specialized technique for fast singlestrokes with accents.

033

Bounce *Whip*

5 *Sim...*

R r r L l l R r r L l l R r r L l l

RL RL RL RL R LR LR LR LR L RL RL RLR LR L RL RL RLR LR L R

XXXIV. Clone Singlestroke Tap Roll

034

5

R L r R l L r l r R L r R l L r l r R L r l r l R L r l r l R L r l r l R L r l r l

R l r l r L r l r l R l r l r l R l r l r l R l r l r l R l r l r l R l r l r l R l r l r l R l r l r l

XXXV. Clone Singlestroke Tap Roll, Off the Left

035

5

L R l r l r L R l r l r L R l r l r L R l r l r L R l r l r L R l r l r L R l r l r

L r l r l R l r l r L r l r l R l r l r L r l r l R l r l r L r l r l R l r l r L r l r l R l r l r L

XXXVI. Downbeat Drag

036

5

rr rr rr rr ll ll ll ll rr rr ll ll rr rr ll ll

rr ll rr ll r ll rr ll rr l rr ll r ll rr l r

XXXVII. Downbeat Crush

037

5

XXXVIII. Five-Stroke Roll

038

5

XXXIX. Closed Five-Stroke Roll

039

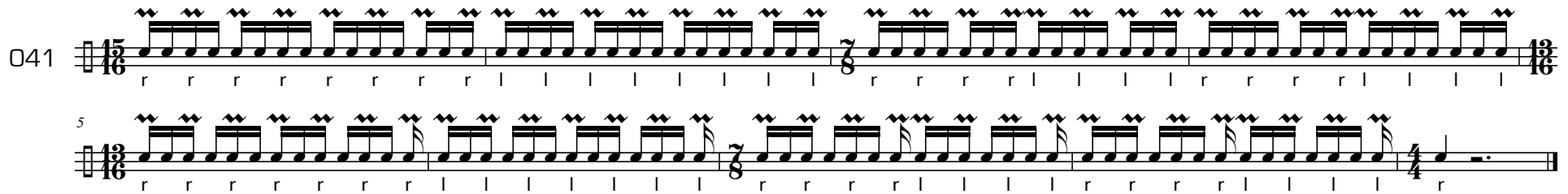
5

XL. Leadhand Drag

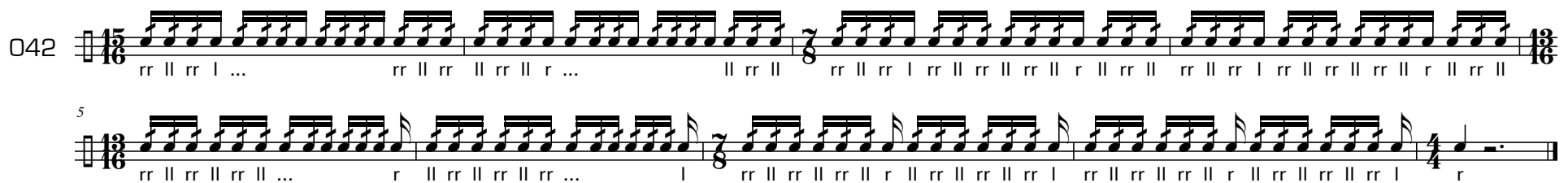
040

5

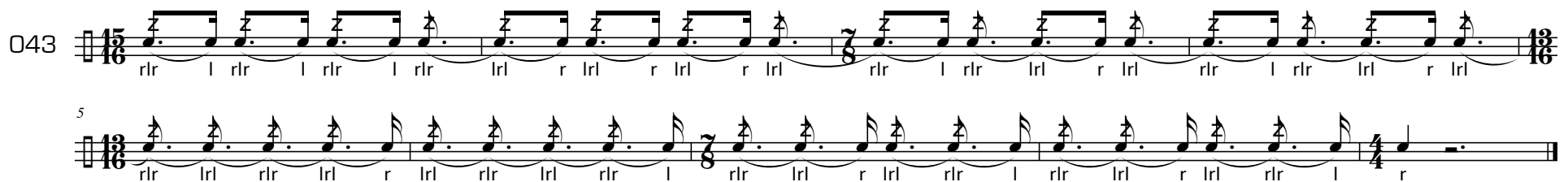
XLI. Leadhand Crush

041 

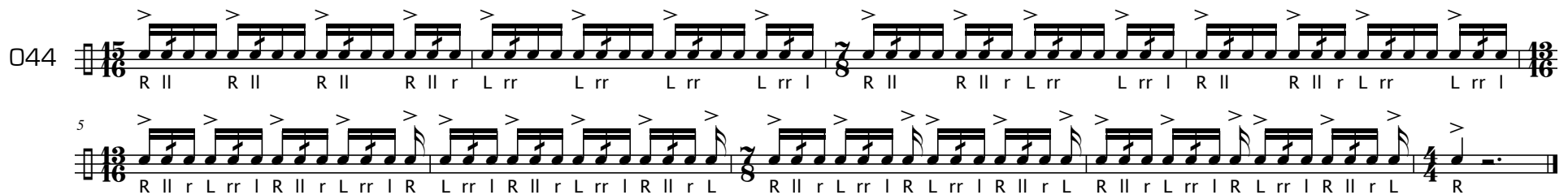
XLII. Seven-Stroke Roll / Long Roll

042 

XLIII. Closed Seven-Stroke Roll / Long Buzz Roll

043 

XLIV. Tap Drag

044 

XLV. Tap Crush

045 **15**
 R I R I R I R I L r L r L r L r R I R I L r L r
 5 **13**
 R I L r R I L r R L r R I L r R I L R I L r R L r R I L R I L r R L r R I L R

XLVI. Slurred Tap Drag

046 **15**
 R I l r I R I l r I R I l r I R I l L r r l r L r r l r L r r l r L r r l R I l r I R I l r L r r l r L r r l R I l r I R I l r L r r l r L r r l
 5 **13**
 R I l r L r r l R I l r L r r l R L r r l R I l r L r r l R I l r L R I l r L r r l R L r r l R I l r L R I l r L

XLVII. Tap Five

047 **15**
 R I l r r I R I l r r I R I l r r I R I l r L r r l l r L r r l l r L r r l l r L r r l R I l r r I R I l r r L r r l l r L r r l R I l r r I R I l r r L r r l l r L r r l
 5 **13**
 R I l r r L r r l l R I l r r L r r l l R L r r l l R I l r r L r r l l R I l r r L R I l r r L r r l l R L r r l l R I l r r L R I l r r L

XLVIII. Buzz Tap Five

048 **15**
 R l r I R l r I R l r I R l r L r l r L r l r L r l r L r l R l r I R l r L r l r L r l R l r I R l r L r l r L r l
 5 **13**
 R l r L r l R l r L r l R L r l R l r L r l R l r L R l r L r l R L r l R l r L R

XLIX. Slurred Tap Five

049 15/16 13/16 4/4

L. Drag Before Accent

050 15/16 13/16 4/4

Ll. Crush Before Accent

051 15/16 13/16 4/4

Lll. Five-Stroke Roll Before Accent

052 15/16 13/16 4/4

LIII. Closed Five-Stroke Roll Before Accent

053

R I rl R I rl R I rl R lr L r lr L r lr L r lr L rl R I rl R lr L r lr L rl R I rl R lr L r lr L rl

R lr L rl R lr L rl R L rl R lr L rl R lr L R lr L rl R L rl R lr L R

LIV. Tap Seven / Tap Five

054

R ll rr ll R ll rr ll R ll rr ll R ll rr L rr ll rr L rr ll rr L rr ll rr L rr ll R ll rr ll R ll rr L rr ll R ll rr ll R ll rr ll R ll rr ll R ll rr ll R ll rr ll

R ll rr L rr ll R ll rr L rr ll R L rr ll R ll rr L R ll rr ll R ll rr L R ll rr ll R ll rr ll R ll rr ll R ll rr ll R

LIV. Buzz Tap Seven / Buzz Tap Five

055

R lrl R lrl R lrl R lr L rlr L rlr L rlr L rl R lrl R lr L rlr L rl R lrl R lr L rlr L rl

R lr L rl R lr L rl R L rl R lr L rl R lr L R lr L rl R L rl R lr L R

LVI. Slurred Tap Seven / Slurred Tap Five

056

R llrrll... R llrr Lrrllrr... Lrrll R llrrllR llrrLrrllrrLrrll ...

R llrrLrrllR llrrLrrllR LrrllR llrrLrrllR llrrL R llrrLrrllR llrrLrrllR llrrL R

LVII. Six-Stroke Roll / Tap Five

057
R L R L R L R L R L R L rr L R L R L R L rr II R L R L R L R L rr II R L R L R L R L rr II R L R L rr II
5 R ll rr L rr ll R ll rr L rr ll R L rr ll R ll rr ll R ll rr ll R ll rr ll R ll rr ll R ll rr ll R ll rr ll R ll rr ll R ll rr ll R

LVIII. Closed Six-Stroke Roll / Buzz Tap Five

058
R lr L R lr L R lr L R lr L rl R L rl R L rl R L rl R lr L R lr L rl R L rl R lr L R lr L rl R L rl R lr L
5 R lr L rl R lr L rl R L rl R lr L rl R lr L R lr L rl R L rl R lr L

LIX. Slurred Six-Stroke Roll / Slurred Tap Five

059
R llrrLRIllrrLRIllrrLRIllrr LrrllRLrrllRLrrllRLrrll R llrrLRIllrrLrrllRLrrll R llrrLRIllrrLrrllRLrrll
5 R llrrLrrllRLllrrLrrllR LrrllRllrrLrrllRllrrL R llrrLrrllRLrrllRllrrL R llrrLrrllRLrrllRllrrL R

LX. All Slurred Everything

060
R llrrll... R llrr Lrrllrr... Lrrll R llrrllRllrrLrrllrrLrrll R llrrLrrllRLrrllRllrrL R llrrLrrllRLrrllRllrrL
5 R llrrLrrllRLllrrLrrllR LrrllRllrrLrrllRllrrL R llrrLrrllRLrrllRllrrL R llrrLrrllRLrrllRllrrL R

LXI. Clone Tap Roll / Seven-Stroke Roll Before Accent

061

5

R rr ll rr L ll rr ll R ll rr ll R L rr ll rr L rr ll rr L R ll rr ll R L rr ll rr L R ll rr ll R L rr ll rr L R

LXII. Seven-Stroke Roll Before Accent

062

5

R ll rr ll R rr ll rr R L rr ll rr L rr ll rr L R ll rr ll R L rr ll rr L R ll rr ll R L rr ll rr L R

LXIII. Accent Hand Drag

063

5

R rr L ll R rr L ll R L ll R rr L ll R rr L R rr L ll R L ll R rr L R rr L ll R L ll R rr L R

LXIV. Accent Hand Crush

064

5

R r R r R r R r L l L l L l L l R r R r L l L l R r R r L l L l R r L l R r L l R r L l R r L l R

LXV. Accent and Non-Leadhand Drag

065

R II r II R II r II R II r II R II r L rr I rr L rr I rr L rr I rr L rr I R II r II R II r L rr I rr L rr I

R II II II R II II II R L rr rr rr L rr rr rr L R II II II R L rr rr rr L R L rr rr rr L R

LXVI. Accent and Non-Leadhand Crush

066

R I I R I I R I I R I L r r L r r L r r L r r R I I R I L r r L r R I I R I L r r L r

R I I R I I R L r r r L r r r L R I I I R L r r r L R I I I R L r r r L R

LXVII. Tap Seven / Tap Five / Eleven-Stroke Roll

067

R II rr II R II rr II R II rr II R II rr L rr II rr L rr II rr L rr II rr L rr II R II rr II R II rr L rr II rr L rr II

R II rr II rr II R II rr II rr II R L rr II rr II rr L R II rr II rr II R L rr II rr II rr L R

LXVIII. Buzz Tap Seven / Buzz Tap Five / Closed Eleven-Stroke Roll

068

R Irl R Irl R Irl R Ir L rlr L rlr L rlr L rl R Irl R Ir L rlr L rl R Irl R Ir L rlr L rl

R Ir Irl R Ir Irl R L rl rlr L rl rlr L R Ir Irl R L rl rlr L R Ir Irl R L rl rlr L R

LXIX. All Roll Everything

069 $\frac{15}{16}$ RR II rr II RR II rr II RR II rr II RR II rr LL rr II rr LL rr II rr LL rr II rr LL rr II RR II rr II RR II rr LL rr II rr LL rr II RR II rr II RR II rr LL rr II rr LL rr II $\frac{13}{8}$

5 $\frac{13}{8}$ RR II rr LL rr II RR II rr LL rr II RR LL rr II RR II rr LL RR II rr LL rr II RR LL rr II RR LL rr II RR II rr LL R $\frac{4}{4}$

LXX. All Buzz Everything

070 $\frac{15}{16}$ Rlrl Rlrl Rlrl Rlr Lrlr Lrlr Lrlr Lrl Rlrl Rlr Lrlr Lrl Rlrl Rlr Lrlr Lrl $\frac{13}{8}$

5 $\frac{13}{8}$ Rlr Lrl Rlr Lrl R Lrl Rlr Lrl Rlr L Rlrl Rlrl Rlrl L Rlr Lrl R Lrl Rlr L Rlrl Rlrl L R $\frac{4}{4}$

LXXI. Leadhand Accents

071 $\frac{15}{16}$ R I R I R I R I R I R I R L r L r L r L r L r L r L R I R I R I R I R I R I R L r L r L r L R I R I R I R I R I R I R L r L r L r L $\frac{13}{8}$

5 $\frac{13}{8}$ R I R I R I R I R I R I R L r L r L r L r L r L R I R I R I R I R I R I R L r L r L r L R I R I R I R I R I R I R L r L r L r L R $\frac{4}{4}$

LXXII. Samehand Drag Ruff

072 $\frac{15}{16}$ R II R II R II R II R II R L rr L rr L rr L rr L rr L rr L R II R II R II R L rr L rr L rr L R II R II R II R L rr L rr L rr L R II R II R II R L rr L rr L rr L R $\frac{13}{8}$

5 $\frac{13}{8}$ R II R II R II R II R II R L rr L rr L rr L rr L rr L R II R II R II R L rr L rr L rr L R II R II R II R L rr L rr L rr L R $\frac{4}{4}$

LXXIII. Samehand Crush Ruff

073
 R I R I R I R I R I R I R L r L r L r L r L r L r L R I R I R I R L r L r L r L R I R I R I R L r L r L r L

5
 R I R I R I R I R I R I R L r L r L r L r L r L r L R I R I R I R L r L r L r L R I R I R I R L r L r L r L R

LXXIV. Samehand Slurred Ruff

074
 R I I R I I R I I R I I R I I R I I R L r r L r r L r r L r r L r r L r r L R I I R I I R I I R L r r L r r L r r L ...

5
 R I I R I I R I I R I I R I I R I I R L r r L r r L r r L r r L r r L r r L R I I R I I R I I R L r r L r r L r r L ...

LXXV. Flam Accent

075
 R R R R L L L L R R L L R R L L

5
 R L R L R L R L R L R L R L R L R L R L R L R

LXXVI. Flam Drag Homework

076
 R L R L R L R L R L R L R L R L R L R L R L R

5
 R L R L R L R L R L R L R L R L R L R L R L R

LXXVII. Flam Drag

077

R l r l R l r l R l r l R l r L r l r L r l r L r l r L r l R l r l R l r L r l r L r l ...

5
R l r L r l R l r L r l R L r l R l r L r l R l r L R l r L r l R l r L ... R

LXXVIII. Flam Crush-Drag

078

R l R l R l R l L r L r L r L r R l R l L r L r ...

5
R l L r R l L r R L r R l R l L R l L r R L r R l R l ... R

LXXIX. Slurred Flam Drag

079

R l r l R l r l R l r l R l r L r l r L r l r L r l r L r l R l r l R l r L r l r L r l ...

5
R l r L r l R l r L r l R L r l R l r L r l R l r L r l R l r L R l r L r l R l r L ... R

LXXX. Cheese

080

R R l r l R R l r l R R l r l R R l r L L r l r L L r l r L L r l r L L r l R R l r l R R l r L L r l r L L r l R R l r l R R l r L L r l r L L r l ...

5
R R l r L L r l R R l r L L r l R L L r l R R l r L R R l r L L r l R R l r L L r l R R l r L L r l R R l r L R L L r l R R l r L R ... R

LXXXI. Crush-Cheese

081

R l r l R l r l R l r l R l r L r l r L r l r L r l r L r l R l r l R l r L r l r L r l R l r l R l r L r l

5
R l r L r l R l r L r l R L r l R l r L r l R L r l R l r L r l R l r L R l r L r l R L r l R l r L R

LXXXII. Wide Cheese

082

RR l r l RR l r l RR l r l RR l r LL l r r LL l r r LL l r r LL l r l RR l r l RR l r LL l r r LL l r l ...

5
RR l r LL l r RR l r LL l r R LL l r RR l r LL l r RR l r L RR l r LL l r R LL l r RR l r L ... R

LXXXIII. Flam Five

083

RR ll r l RR ll r l RR ll r l RR ll r LL r r l r LL r r l r LL r r l r LL r r l RR ll r l RR ll r LL r r l r LL r r l ...

5
RR ll r LL r r l RR ll r LL r r l R LL r r l RR ll r LL r r l RR ll r L RR ll r LL r r l R LL r r l RR ll r L ... R

LXXXIV. Buzz Flam Five

084

R l r l R l r l R l r l R l r L r l r L r l r L r l r L r l R l r l R l r L r l r L r l R l r l R l r L r l r L r l

5
R l r L r l R l r L r l R L r l R l r L r l R L r l R l r L r l R l r L R l r L r l R L r l R l r L R

LXXXV. Slurred Flam Five

085

5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3

RRlrl RRIrl RRIrl RRIr LLrri LLrri LLrri LLrri RRIrl RRIr LLrri LLrri ...

5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3 5:3

RRlrl LLrri RRIr LLrri R LLrri RRIr LLrri RRIr L RRIr LLrri R LLrri RRIr L ... R

LXXXVI. Samehand Flam Accent

086

Rlrl Lrlr Rlrl Lrl Lrlr Rlrl Lrlr Rlr Rlrl Lrl Lrlr Rlr Rlrl Lrl Lrlr Rlr

Rlr Rlr Rlr Rlr R Lrl Lrl Lrl Lrl L Rlr Rlr R Lrl Lrl L Rlr Rlr R Lrl Lrl L R

LXXXVII. Samehand Flam Drag

087

Rllrl Lrrlr Rllrl Lrri Lrrlr Rllrl Lrrlr Rllr Rllrl Lrri Lrrlr Rllr Rllrl Lrri Lrrlr Rllr

Rllr Rllr Rllr Rllr R Lrri Lrri Lrri Lrri L Rllr Rllr R Lrri Lrri L Rllr Rllr R Lrri Lrri L R

LXXXVIII. Samehand Flam Crush-Drag

088

Rlrl Lrlr Rlrl Lrl Lrlr Rlrl Lrlr Rlr Rlrl Lrl Lrlr Rlr ...

Rlr Rlr Rlr Rlr R Lrl Lrl Lrl Lrl L Rlr Rlr R Lrl Lrl L ... R

LXXXIX. Samehand Slurred Flam Drag

089

Rlrl Lrlr Rlrl Lrl Lrlr Rlrl Lrlr Rlr Rlrl Lrl Lrlr Rlr ...

Rlr Rlr Rlr Rlr R Lrl Lrl Lrl Lrl L Rlr Rlr R Lrl Lrl L ... R

XC. Samehand Cheese

090

RRlrl LLrlr RRlrl LLrl LLrlr RRlrl LLrlr RRlr RRlrl LLrl LLrlr RRlr RRlrl LLrl LLrlr RRlr

RRlr RRlr RRlr RRlr R LLrl LLrl LLrl LLrl L RRlr RRlr R LLrl LLrl L RRlr RRlr R LLrl LLrl L R

XCI. Samehand Crush-Cheese

091

Rlrl Lrlr Rlrl Lrl Lrlr Rlrl Lrlr Rlr Rlrl Lrl Lrlr Rlr Rlrl Lrl Lrlr Rlr

Rlr Rlr Rlr Rlr R Lrl Lrl Lrl Lrl L Rlr Rlr R Lrl Lrl L Rlr Rlr R Lrl Lrl L R

XCII. Samehand Wide Cheese

092

RRlrl LLrlr RRlrl LLrl LLrlr RRlrl LLrlr RRlr RRlrl LLrl LLrlr RRlr ...

RRlr RRlr RRlr RRlr R LLrl LLrl LLrl LLrl L RRlr RRlr R LLrl LLrl L ... R

XCIII. Samehand Flam Five

093

RRllrl LLrrlr RRllrl LLrrl LLrrlr RRllrl LLrrlr RRllr RRllrl LLrrl LLrrlr RRllr RRllrl LLrrl LLrrlr RRllr

5
RRllr RRllr RRllr RRllr R LLrrl LLrrl LLrrl LLrrl L RRllr RRllr R LLrrl LLrrl L R

XCIV. Samehand Buzz Flam Five

094

Rl r l Lr l r Rl r l Lr l Lr l r Rl r l Lr l r Rl r Rl r l Lr l Lr l r Rl r Rl r l Lr l Lr l r Rl r

5
Rl r Rl r Rl r Rl r R Lr l Lr l Lr l Lr l L Rl r Rl r R Lr l Lr l L Rl r Rl r R Lr l Lr l L R

XCv. Samehand Slurred Flam Five

095

RRllrl LLrrlr RRllrl LLrrl LLrrlr RRllrl LLrrlr RRllr RRllrl LLrrl LLrrlr RRllr ...

5
RRllr RRllr RRllr RRllr R LLrrl LLrrl LLrrl LLrrl L RRllr RRllr R LLrrl LLrrl L ... R

XCvI. Flammed Mill / Swiss Army Triplet

096

RRlr LLrl RRlr LLr LLrl RRlr LLrl RRI RRlr LLr LLrl RRI ...

5
RRI RRI RRI RRI R LLr LLr LLr LLr L RRI RRI R LLr LLr L ... R

XCVII. Swiss Flam Drag

097

R r r l r L l r l R r r l r L l r L l r l R r r l R r r l r L l r L l r l R r r l ...

5
R r r l R r r l R r r l R r r l R L l r L l r L l r L l r L R r r l R r r l R L l r L l r L ...

XCVIII. Swiss Flam Crush-Drag

098

R r l r L l r l R r l r L l r L l r l R r l r L l r l R r l R r l r L l r L l r l R r l ...

5
R r l R r l R r l R r l R L l r L l r L l r L l r L R r l R r l R L l r L l r L ...

XCIX. Swiss Three

099

RRRr r LLLr l RRRr r LLLr LLLr l RRRr r LLLr l RRRl RRRr r LLLr LLLr l RRRl ...

5
RRRl RRRl RRRl RRRl R LLLr LLLr LLLr LLLr L RRRl RRRl R LLLr LLLr L ...

C. Swiss Long Press

100

R l r L r l R l r L r L r l R l r L r l R l R l r L r L r l R l ...

5
R l R l R l R l R L r L r L r L r L R l R l R L r L r L ...

CI. Samehand Flammed Mill / Inverted Swiss Army Triplet

101

RRlr RRlr RRlr RRI LLrI LLrI LLrI LLr RRlr RRI LLrI LLr ...

RRI LLr RRI LLr R LLr RRI LLr RRI L RRl LLr R LLr RRI L ... R

CII. Inverted Swiss Flam Drag

102

Rrrlr Rrrlr Rrrlr Rrrl LllrI LllrI LllrI Lllr Rrrlr Rrrl LllrI Lllr ...

Rrrl Lllr Rrrl Lllr R Lllr Rrrl Lllr Rrrl L Rrrl Lllr R Lllr Rrrl L ... R

CIII. Inverted Swiss Flam Crush-Drag

103

Rrlr Rrlr Rrlr Rrl LllrI LllrI LllrI Lllr Rrlr Rrl LllrI Lllr ...

Rrl Lllr Rrl Lllr R Lllr Rrl Lllr Rrl L Rrl Lllr R Lllr Rrl L ... R

CIV. Inverted Swiss Three

104

RRRlr RRRlr RRRlr RRRl LLLrI LLLrI LLLrI LLLr RRRlr RRRl LLLrI LLLr ...

RRRI LLLr RRRl LLLr R LLLr RRRl LLLr RRRl L RRRl LLLr R LLLr RRRl L ... R

CV. Inverted Swiss Long Press

105

R I r R I r R I r R I L r I L r I L r I L r R I r R I L r I L r ...

R I L r R I L r R L r R I L r R I L R I L r R L r R I L ... R

CVI. Dat Chut Pattern

106

R I I r L r r I R I I r L r r L r r I R I I r L r r I R I I R I I r L r r L r r I R I I

R I I R I I R I I R I I R L r r L r r L r r L r r L R I I R I I R L r r L r r L R

CVII. Book Report

107

RR I r r r LL r I I RR I r r r LL r I LL r I I RR I r r r LL r I I RR I r RR I r r r LL r I LL r I I RR I r

RR I r RR I r RR I r RR I r r r LL r I LL r I LL r I LL r I I RR I r RR I r r r LL r I LL r I I RR I r RR I r r r LL r I LL r I I R

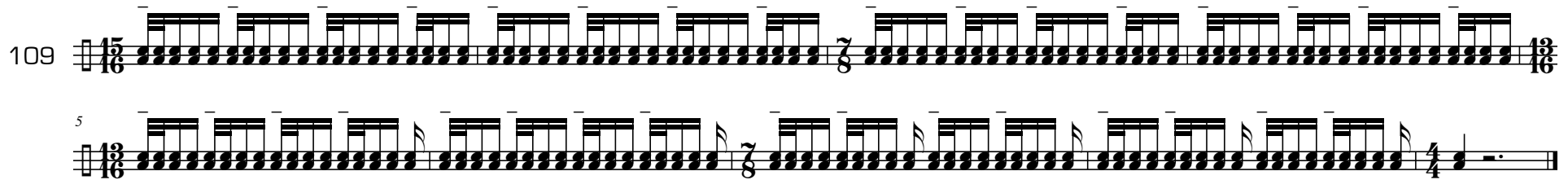
CVIII. Triplestroke Roll / Three

108

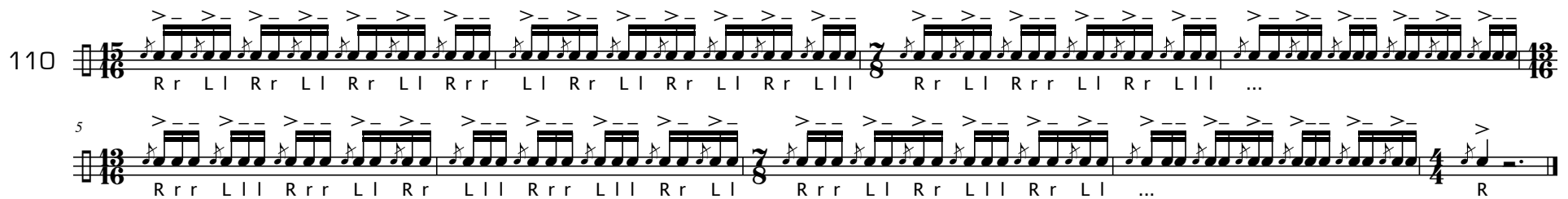
RRRLLLRRRLLLRRRLLLRRR LLLRRRLLLRRRLLLRRRLLL RRRLLLRRRLLLRRRLLL RRRLLLRRRLLLRRRLLL

RRRLLLRRRLLLRRR LLLRRRLLLRRRLLL RRRLLLRRRLLLRRRLLL RRRLLLRRRLLLRRRLLL R

CIX. One-Handed Herta Cloned

109 

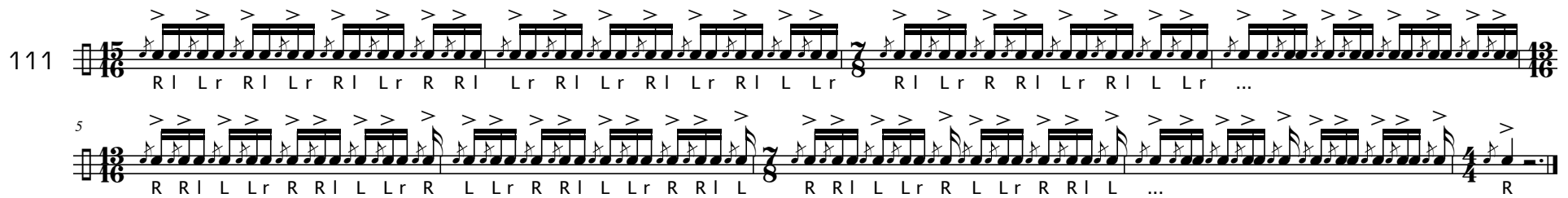
CX. Flam Tap / Flam Three

110 

Rr LI Rr LI Rr LI Rrr LI Rr LI Rr LI Rr LII Rr LI Rrr LI Rr LII ...

Rrr LII Rrr LI Rr LII Rrr LII Rr LI Rrr LI Rr LII Rr LI ... R

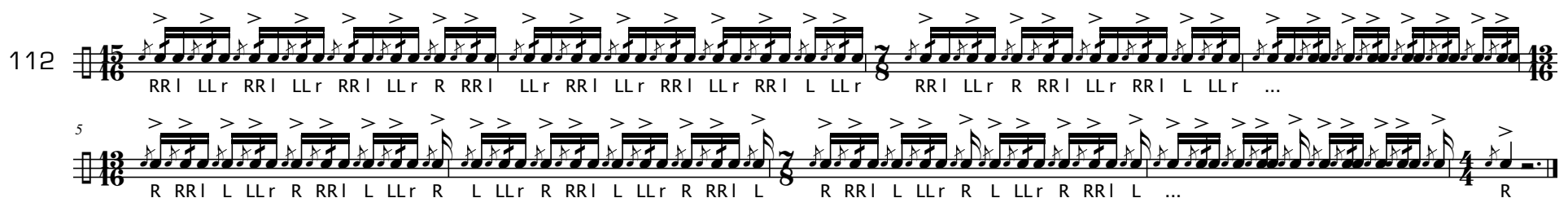
CXI. Inverted Flam Tap / Fu-Bar

111 

RI Lr RI Lr RI Lr R RI Lr RI Lr RI Lr RI L Lr RI Lr R RI Lr RI L Lr ...

R RI L Lr R RI L Lr R L Lr R RI L Lr R RI L R RI L Lr R L Lr R RI L ... R

CXII. Cheese Invert / Fu-Cheese

112 

RRl LLr RRl LLr RRl LLr R RRl LLr RRl LLr RRl LLr R RRl LLr RRl LLr L LLr RRl LLr R RRl LLr RRl L LLr ...

R RRl L LLr R RRl L LLr R L LLr R RRl L LLr R RRl L RRl L LLr R L LLr R RRl L ... R

CXIII. All Flammed Everything

113

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

5

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

CXIV. Flam All Taps Only

114

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

5

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

CXV. Ornaments: Tap — Flam — Tap

115

R R R R Ir L L L L r l R R Ir L L r l R R Ir L L r l

5

R Ir L r l R Ir L r l R Ir L r l R Ir L r l R Ir L r l R Ir L r l R Ir L r l R

CXVI. Ornaments: Tap — Cheese — Tap

116

R ll R ll R ll R ll r L rr L rr L rr L rr l R ll R ll r L rr l R ll R ll r L rr l

5

R ll r L rr l R ll r L rr l R ll r L rr l R ll r L rr l R ll r L rr l R ll r L rr l R ll r L rr l R ll r L rr l R

CXVII. Ornaments: Tap — Crush-Cheese — Tap

117

R I R I R I R I L r L r L r L r R I R I L r L r R I R I L r L r

R I L r R I L r R L r R I L r R I L R I L r R L r R I L R

CXVIII. Ornaments: Tap — Flam — Drag

118

R lrr IR lrr IR lrr IR lrr L rllrL rllrL rllrL rll R lrr IR lrrL rllrL rll R lrr IR lrrL rllrL rll

R lrrL rllR lrrL rllR L rllR lrrL rllR lrrL R lrrL rllRL rllR lrrL R

CXIX. Ornaments: Tap — Flam — Crush

119

R lrIR lrIR lrIR lr L rlrL rlrL rlrL rlr R lrIR lrL rlrL rlr R lrIR lrL rlrL rlr

R lrL rlr IR lrL rlr L rlr IR lrL rlr IR lrL R lrL rlrL rlr IR lrL R

CXX. Ornaments: Tap — Flam Five

120

R llrr IR llrr IR llrr IR llrr L rllrL rllrL rllrL rll R llrr IR llrL rllrL rll R llrr IR llrL rllrL rll

R llrrL rllR llrrL rllR L rllR llrrL rllR llrrL R llrrL rllRL rllR llrrL R

CXXI. Ornaments: Tap — Buzz Flam Five

121

R lr l R lr l R lr l R lr L rl r L rl r L rl r L rl R lr l R lr L rl r L rl

5

R lr L rl R lr L rl R L rl R lr L rl R lr L R lr L rl R L rl R lr L R

CXXII. Ornaments: Tap — Tap — Flam

122

R r R r R r R r L l L l L l L l R r R r L l L l

5

R r L l R r L l R L l R r L l R r L l R r L l R r L l R r L l R r L l R

CXXIII. Ornaments: Drag — Tap — Flam

123

RR r RR r RR r RR r LL l LL l LL l LL l RR r RR r LL l LL l

5

RR r LL l RR r LL l R LL l RR r LL l RR r L RR r LL l RR r LL l RR r L R

CXXIV. Ornaments: Crush — Tap — Flam

124

R r R r R r R r L l L l L l L l R r R r L l L l R r R r L l L l

5

R r L l R r L l R L l R r L l R r L l R r L l R r L l R r L l R r L l R

CXXV. Ornaments: Tap – Tap – Cheese

125

R rr R rr R rr R rr L II L II L II L II R rr R rr L II L II

R rr L II R rr L II R L II R rr L II R rr L R rr L II R L II R rr L R

CXXVI. Ornaments: Tap – Tap – Crush-Cheese

126

R r R r R r R r L I L I L I L I R r R r L I L I

R rL IR rL IR L IR rL IR rL R rL IRL IR rL R rL IRL IR rL R

CXXVII. Ornaments: Drag – Tap – Cheese

127

RR rr RR rr RR rr RR rr LL II LL II LL II LL II RR rr RR rr LL II LL II RR rr RR rr LL II LL II

RR rrLL IIRR rrLL IIR LL IIRR rrLL IIRR rrL RR rrLL IIR LL IIRR rrL R

CXXVIII. Ornaments: Crush – Tap – Crush-Cheese

128

R r R r R r R r L I L I L I L I R r R r L I L I R r R r L I L I

R rL IR rL IR L IR rL IR rL R rL IRL IR rL R rL IRL IR rL R

CXXIX. Ornaments: Flam — Flam — Tap

129

R I R I R I R I L r L r L r L r R I R I L r L r ...

R I L r R I L r R L r R I L r R I L R I L R I L r R L r R I L ...

CXXX. Ornaments: Flam — Cheese — Tap

130

R llrl R llrl R llrl R llr L rrlr L rrlr L rrlr L rrl R llrl R llr L rrlr L rrl ...

R llr L rrl R llr L rrl R L rrl R llr L rrl R llr L R llr L rrl R L rrl R llr L ...

CXXXI. Ornaments: Flam — Crush-Cheese — Tap

131

R I R I R I R I L r L r L r L r R I R I L r L r ...

R I L r R I L r R L r R I L r R I L R I L R I L r R L r R I L ...

CXXXII. Ornaments: Flam — Tap — Flam

132

R r R r R r R r L l L l L l L l R r R r L l L l ...

R r L l R r L l R L l R r L l R r L R r L l R r L ...

CXXXIII. Ornaments: Cheese — Tap — Flam

133

RR r RR r RR r RR r LL I LL I LL I LL I RR r RR r LL I LL I ...

5 RR r LL I RR r LL I R LL I RR r LL I RR r L RR r LL I R LL I RR r L ... R

CXXXIV. Ornaments: Crush-Cheese — Tap — Flam

134

R r R r R r R r L I L I L I L I R r R r L I L I ...

5 R r L I R r L I R L I R r L I R r L R r L I R L I R r L ... R

CXXXV. Ornaments: Tap — Flam — Flam

135

R I r R I r R I r R I r L r I L r I L r I L r I R I r I R I r L r I r L r I ...

5 R I r L r I R I r L r I R L r I R I r L r I R I r L R I r L r I R L r I R I r L ... R

CXXXVI. Ornaments: Tap — Flam — Cheese

136

R I rr R I rr R I rr R I rr L r II L r II L r II L r II R I rr I R I rr L r II R L r II ...

5 R I rr L r II R I rr L r II R L r II R I rr L r II R I rr L R I rr L r II R I rr L ... R

CXXXVII. Ornaments: Tap — Flam — Crush-Cheese

137

5

R I r R I r R I r R I r L r I L r I L r I L r I R I r R I r L r I r L r I ...

R I r L r I R I r L r I R L r I R I r L r I R I r L R I r L r I R L r I R I r L ...

CXXXVIII. Ornaments: Samehand Tap — Flam — Tap

138

5

R I r I L r I r R I r I L r I L r I r R I r I L r I r R I r R I r I L r I L r I r R I r

R I r R I r R I r R I r L r I L r I L r I L r I L R I r R I r R L r I L r I L R I r R I r R L r I L r I L R

CXXXIX. Ornaments: Samehand Tap — Cheese — Tap

139

5

R I I r I L r r I r R I I r I L r r I L r r I r R I I r I L r r I r R I I r R I I r I L r r I L r r I r R I I r

R I I r R I I r R I I r R I I r L r r I L r r I L r r I L r r I L R I I r R I I r R L r r I L r r I L R I I r R I I r R L r r I L r r I L R

CXL. Ornaments: Samehand Tap — Crush-Cheese — Tap

140

5

R I r I L r I r R I r I L r I L r I r R I r I L r I r R I r R I r I L r I L r I r R I r

R I r R I r R I r R I r L r I L r I L r I L r I L R I r R I r R L r I L r I L R I r R I r R L r I L r I L R

CXLI. Ornaments: Samehand Tap — Tap — Flam

141

16/8

R I r I L r I r R I r I L r I L r I r R I r I L r I r R I r R I r I L r I L r I r R I r

5

16/8

R r R r R r R L I L I L I L I L R r R r R L I L I L R r R r R L I L I L R

4/4

CXLII. Ornaments: Samehand Drag — Tap — Flam

142

16/8

RR I r I L L r I r RR I r I L L r I L L r I r RR I r I L L r I r RR I r RR I r I L L r I L L r I r RR I r

5

16/8

RR I r RR I r RR I r RR I r R L L r I L L r I L L r I L L r I L RR I r RR I r R L L r I L L r I L RR I r RR I r R L L r I L L r I L R

4/4

CXLIII. Ornaments: Samehand Crush — Tap — Flam

143

16/8

R r L I R r L I L I R r L I R r R r R r L I L I R r

5

16/8

R r R r R r R L I L I L I L I L R r R r R L I L I L R r R r R L I L I L R

4/4

CXLIV. Ornaments: Samehand Flam — Flam — Tap

144

16/8

R I r I L r I r R I r I L r I L r I r R I r I L r I r R I r R I r I L r I L r I r R I r ...

5

16/8

R I r R I r R I r R I r L r I L r I L r I L r I L R I r R I r R L r I L r I L ...

4/4

CXLV. Ornaments: Samehand Flam — Cheese — Tap

145

R llrl L rrlr R llrl L rrl L rrlr R llrl L rrlr R llr ...

5

R llr R llr R llr R llr R L rrl L rrl L rrl L R llr R llr R L rrl L rrl L ...

CXLVI. Ornaments: Samehand Flam — Crush-Cheese — Tap

146

R lrl L rlr R lrl L rl L rlr R lrl L rlr R lr ...

5

R lr R lr R lr R lr R L rl L rl L rl L R lr R lr R L rl L rl L ...

CXLVII. Ornaments: Samehand Flam — Tap — Flam

147

R r l L lr R r l Lr l L lr R r l L lr R l r ...

5

R r R r R r R r R L l L l L l L R r R r R L l L l L ...

CXLVIII. Ornaments: Samehand Cheese — Tap — Flam

148

RR r l LL lr RR r l LLr l LL lr RR r l LL lr RR l r ...

5

RR r RR r RR r R LL l LL l LL l L RR r RR r R LL l LL l L ...

CXLIX. Ornaments: Samehand Crush-Cheese – Tap – Flam

149

R r l L l r R r l L r l L l r R r l L l r R l r R r l L l r R l r ...

R r R r R r R l R L l L l L l L l L l R r R r R L l L l L ... R

CL. Ornaments: Samehand Tap – Flam – Flam

150

R l r l L r l r R l r l L r l R l r R l r L r l r R l r ...

R l r R l r R l r R L r l L r l L r l L r l L r l L r l R l r R l r R L r l L r l L ... R

CLI. Space and Time

151

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

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

CLII. Rest

152

R

R