THE STUDIO

#TECHNIQUETALK EXERCISE SHEET

THE 1-2-3-4

DOUBLE LATERAL STROKE EXERCISE / WARM UP FOR 4 MALLETS

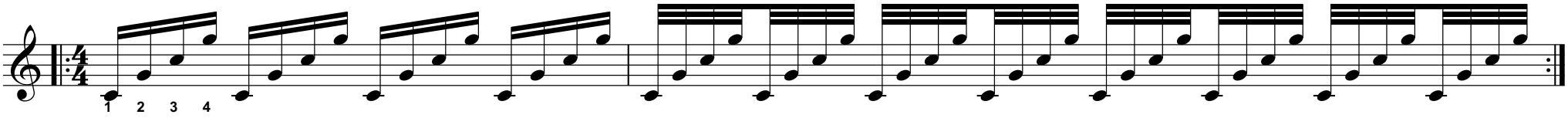
THE 1-2-3-4

Double lateral stroke exercise / warm up for 4 mallets

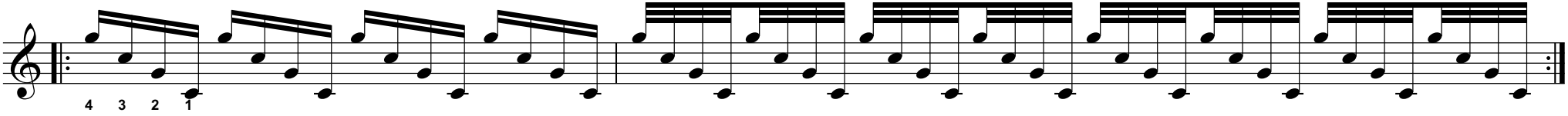
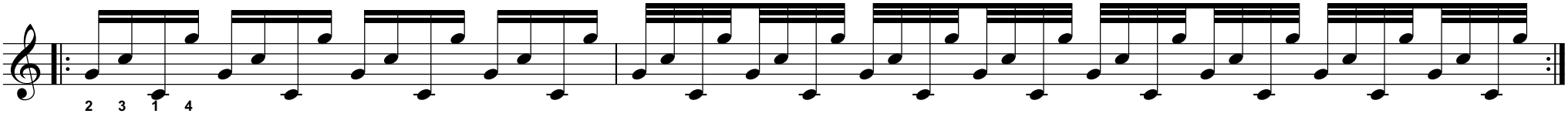
Mallets are denoted from left to right 1 2 3 4

ADAM TAN
from THE STUDIO Ep. 19

THE 1-2-3-4 (5THS, OR ANY INTERVAL YOU LIKE)



INVERTED 1-2-3-4 (5THS, OR ANY INTERVAL YOU LIKE)



INSIDE OUT 1-2-3-4 (5THS, OR ANY INTERVAL YOU LIKE)