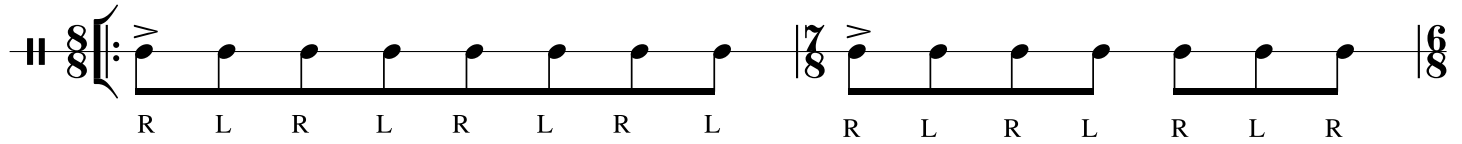
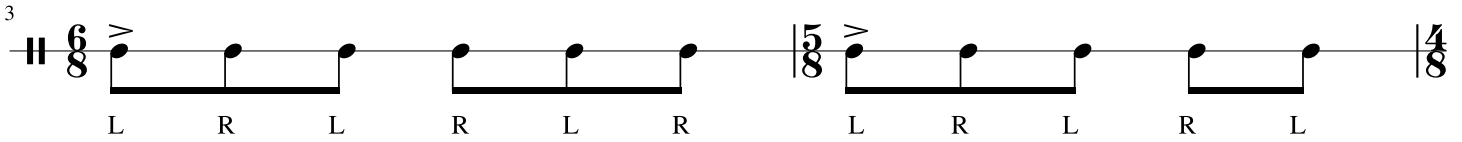
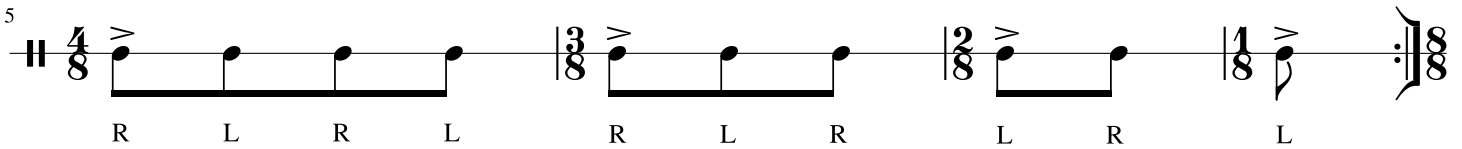


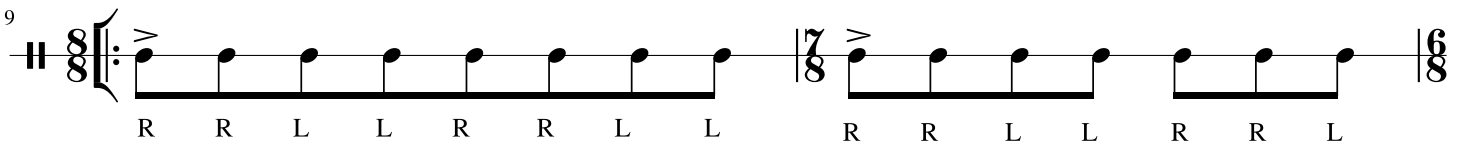
# Descending Rhythm Warmup

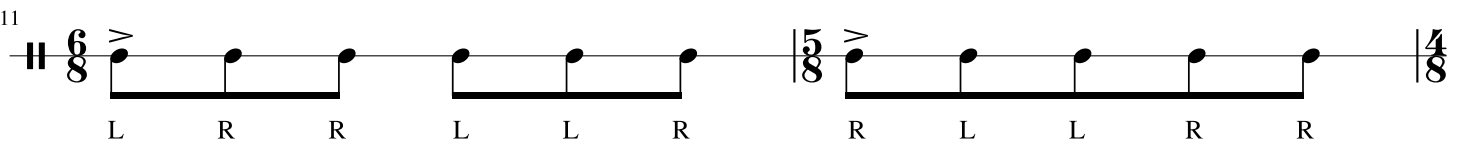
## Single Strokes + Double Strokes

1 

3 

5 

9 

11 

13 