

WARM-UP EXERCISE

RAPHAEL PANNIER

SINGLES

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DOUBLES

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PARADIDDLE 1

> RLRRLRLLRLRRL RLRRLRLLRLRRL RLRRLRLLRLRRL RLRRLRLLRLRRL

PARADIDDLE 2

> RLRLRRLRRLRL RRLRLRLLRLRRL RLLRLRLRRLRRL RLRLRRLRLLRLRRL

PARADIDDLE 3

> RLRLRRLRRLRLL RLRLRRLRRLRLL RLRLRRLRRLRLL RLRLRRLRRLRLL

PARADIDDLE 4

> RLRLRRLRRLRRL RLRLRRLRRLRRL RLRLRRLRRLRRL RLRLRRLRRLRRL

PARADIDDLE 5

> LRLRLRLLLRLRLL LRLRLRLLLRLRLL LRLRLRLLLRLRLL LRLRLRLLLRLRLL

PARADIDDLE 2

> LRLRLLRLRRLRRL RLRLRLRRLRRL RLRLRLRRLRRL RLRLRLRRLRRL

PARADIDDLE

> LRLRLRRLRLLRLRR LRLRLRRLRLLRLRR LRLRLRRLRLLRLRR LRLRLRRLRLLRLRR

DOUBLES

LLRRLRRLRLLRLLRR LLRRLRRLRLLRLLRR LLRRLRRLRLLRLLRR LLRRLRRLRLLRLLRR

SINGLES

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