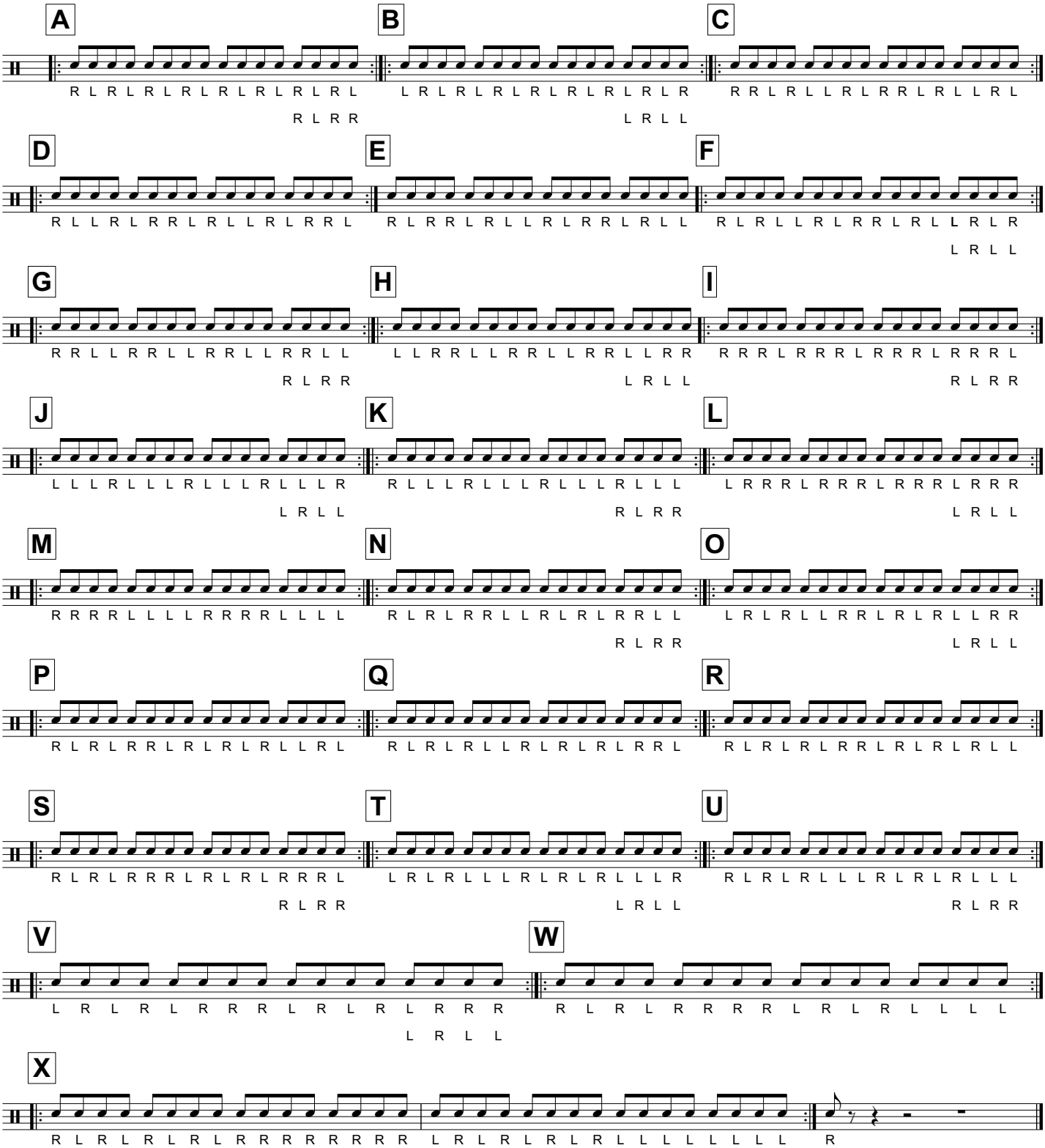
STICK CONTROL RITUAL

BASED ON PAGE 5 OF STICK CONTROL BY GEORGE STONE

Play each cell four times and on the fourth time through use the paraddidle transition to place you on the opposite hand without having to play a double RR or double LL when needed. The "W" cell should be repeated twice.

Practice the ritual at different heights and at different tempos.

Work on playing the ritual all the way through without stopping.

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