

# Movement Approach Exercises

## Threes

R R R R R R R R R R R R B B B B B B B B B B

L L L L L L L L L L L L B B B B B B B B B B

## Hugga Dugga Flip Singles

R L L L L L L L 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

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

## Hugga Dugga Flip Diddles

R L L L L L L L L L 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

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