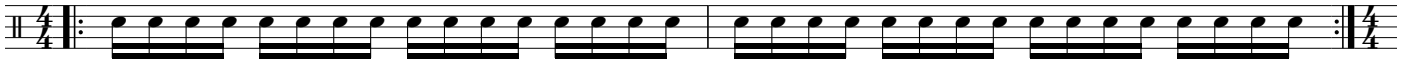
Exercises for

Stick Control & Finger Dexterity

Nathaniel Stottlemyer

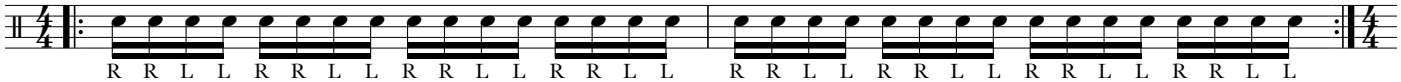
* To facilitate counting, shorten the numbers seven to 'sev' and eleven to 'lev.'

1.



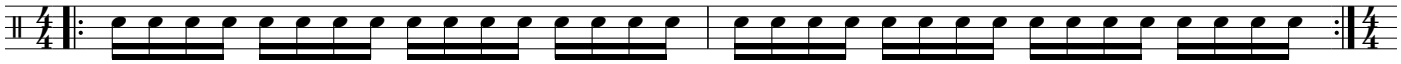
1	e	&	a	2	e	&	a	3	e	&	a	4	e	&	a	1	e	&	a	2	e	&	a	3	e	&	a	4	e	&	a
R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4

2.



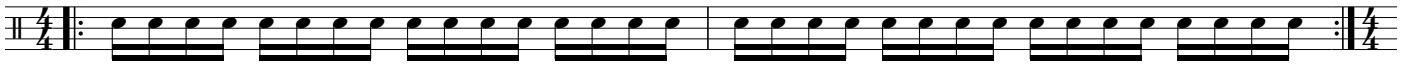
R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L
4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3
3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2

3.



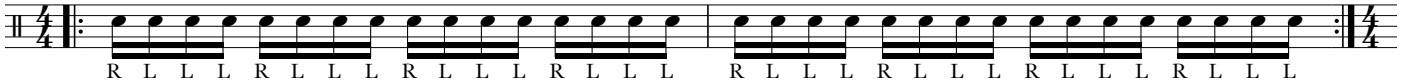
R	L	R	R	L	R	L	L	R	L	R	R	L	R	L	L	R	L	R	R	L	R	L	L	R	L	R	R	L	R	L	L
4	4	4	3	4	4	4	3	4	4	4	3	4	4	4	3	4	4	4	3	4	4	4	3	4	4	4	3	4	4	4	3
4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2

4.



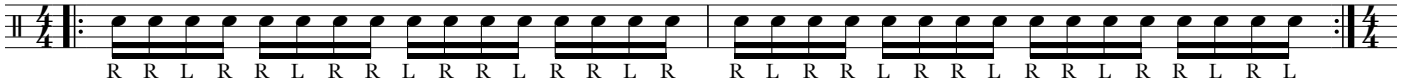
R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L
4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4

5.



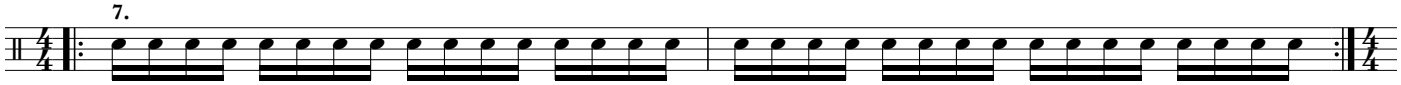
R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L
4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2

6.



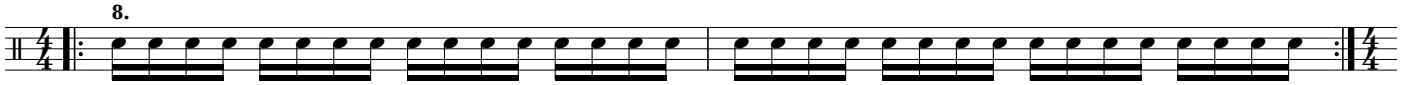
R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	L
4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	4
3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	4	4

7.



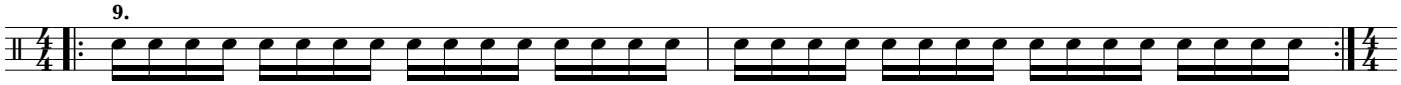
R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L
4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	3
4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	4

8.



R	R	R	L	L	L	R	R	R	L	L	L	R	R	R	L	L	L	R	R	R	L	L	L	R	R	R	L	L	L	R	L
4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	4

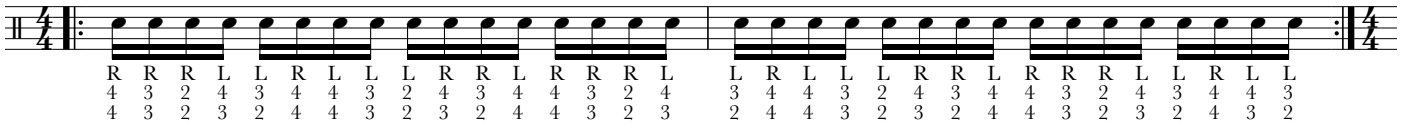
9.



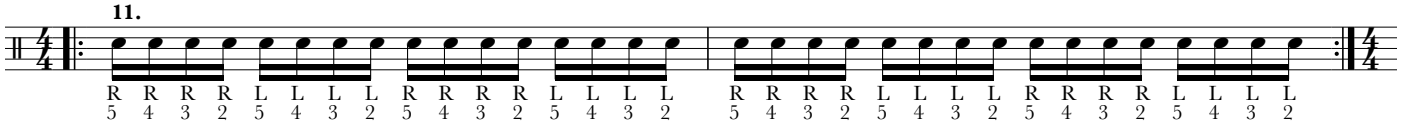
R	R	R	L	L	R	R	R	L	L	R	R	R	L	L	R	R	R	L	L	R	R	R	L	L	R	R	R	L	L	R	L
4	3	2	4	3	4	3	2	4	3	4	3	2	4	3	4	3	2	4	3	4	3	2	4	3	4	3	2	4	3	4	4
4	3	2	3	2	4	3	2	3	2	4	3	2	3	2	4	3	2	3	2	4	3	2	3	2	4	3	2	3	2	4	4

Copyright 2011 Nathaniel Stottlemyer

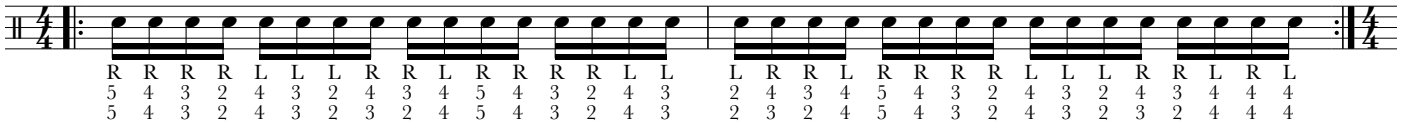
10.



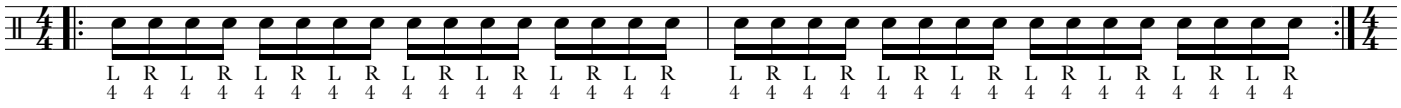
11.



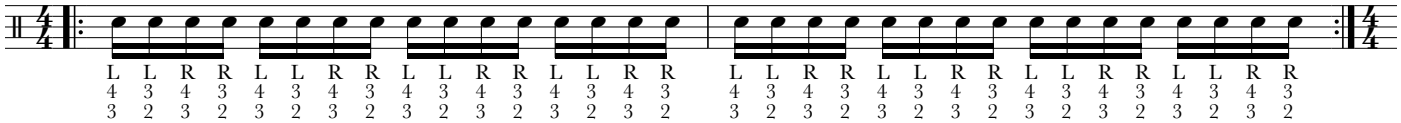
12.



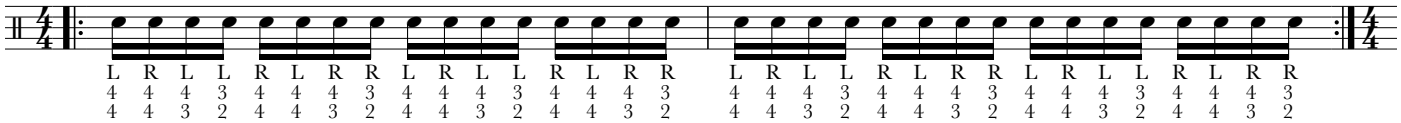
13.



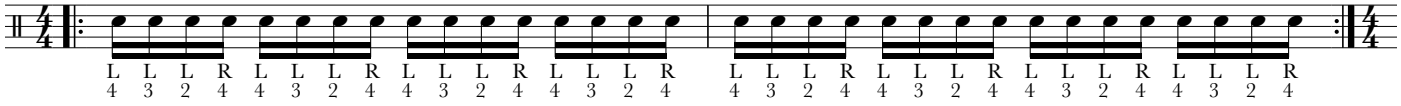
14.



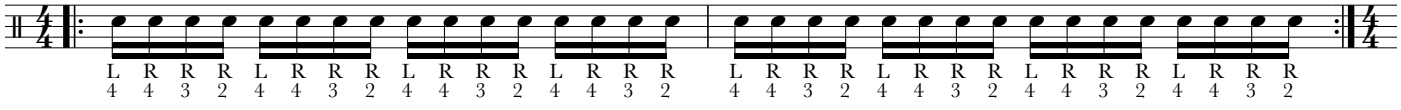
15.



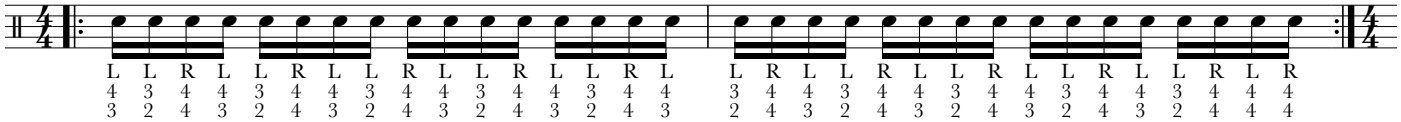
16.



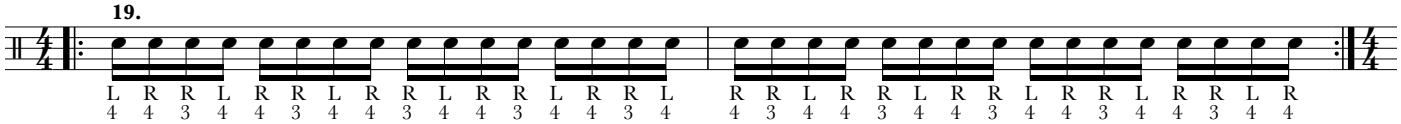
17.



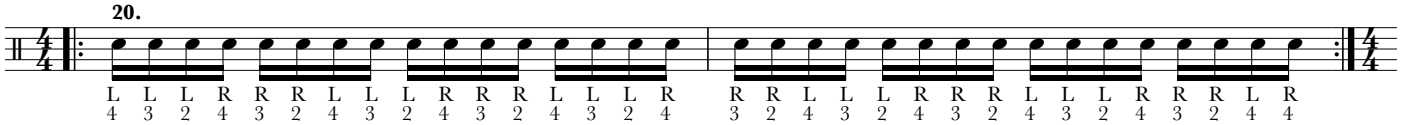
18.



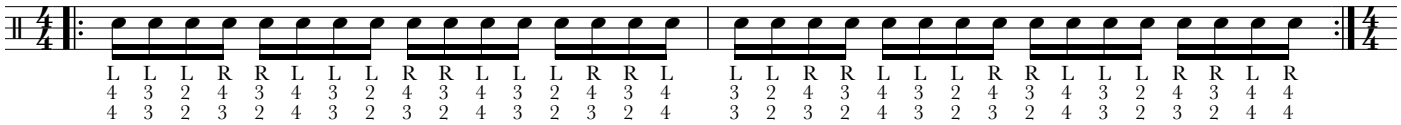
19.



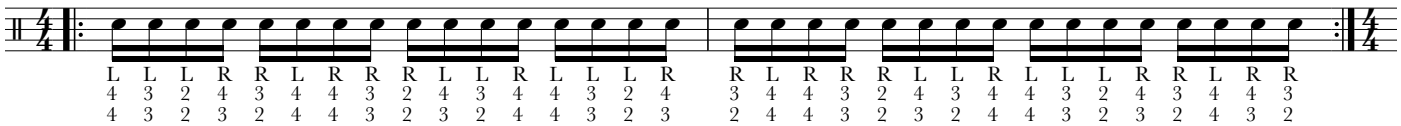
20.



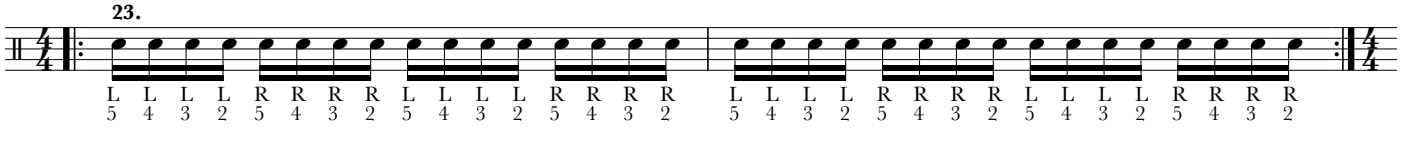
21.



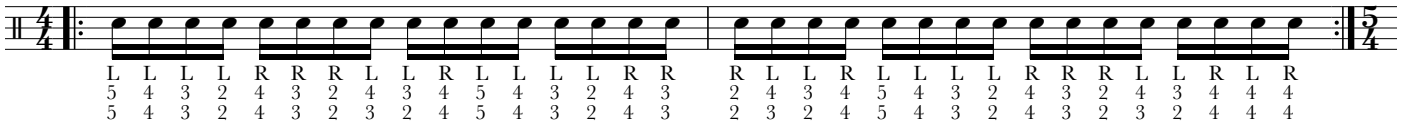
22.



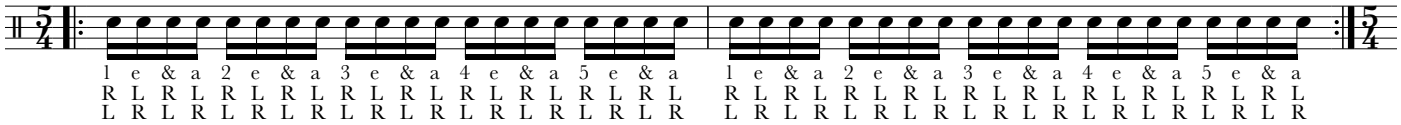
23.



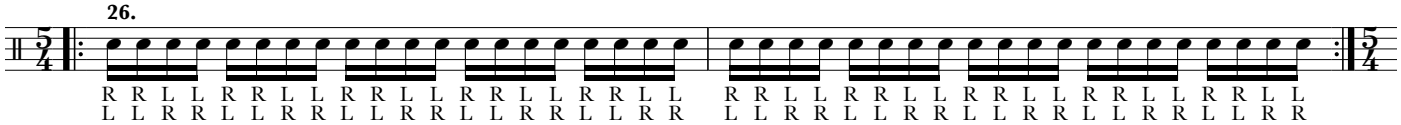
24.



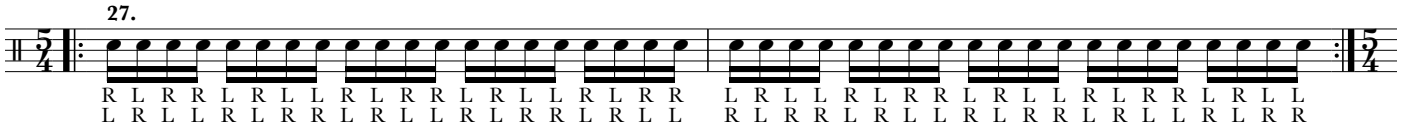
25.



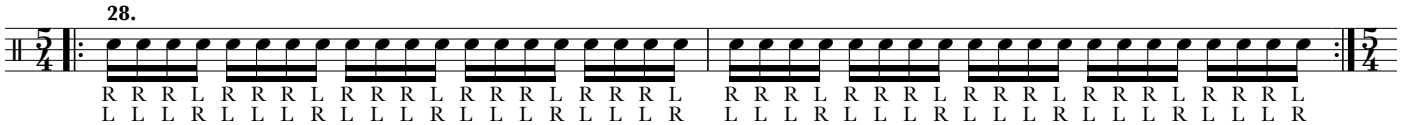
26.



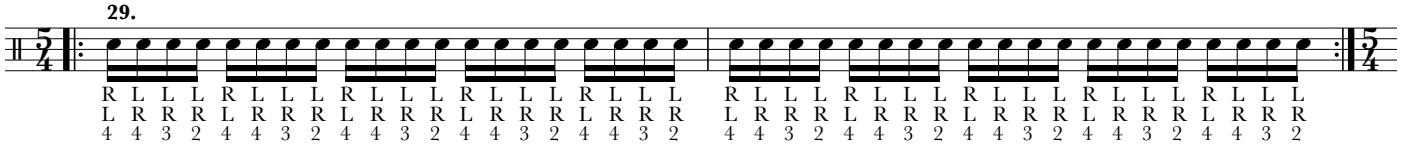
27.



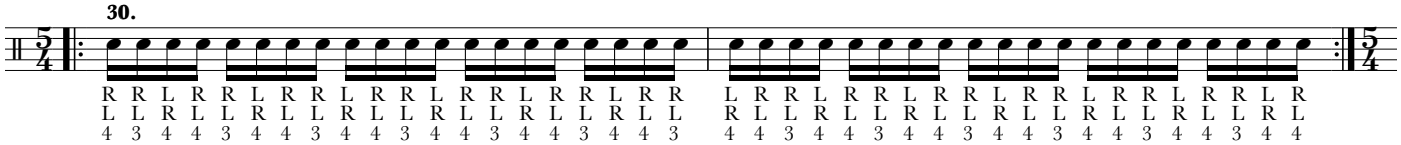
28.



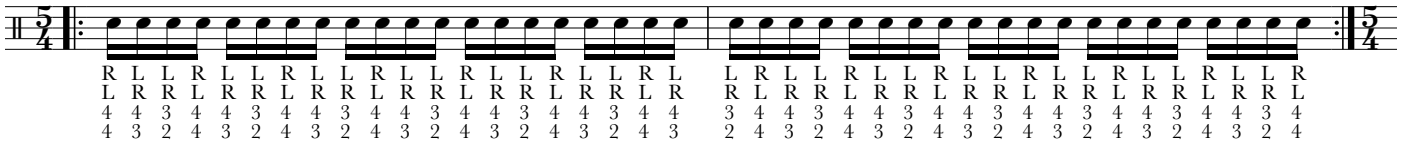
29.



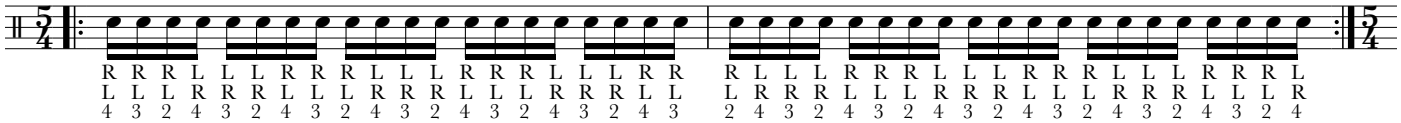
30.



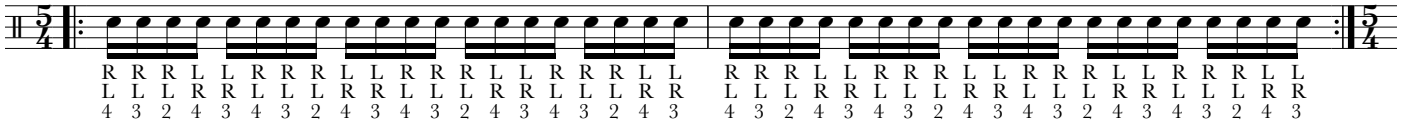
31.



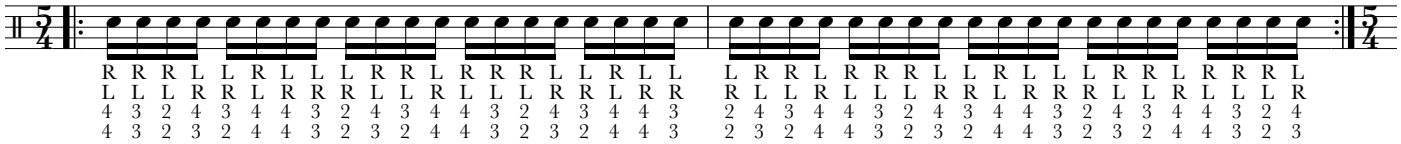
32.



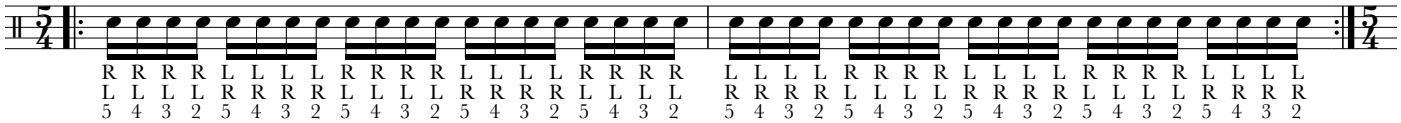
33.



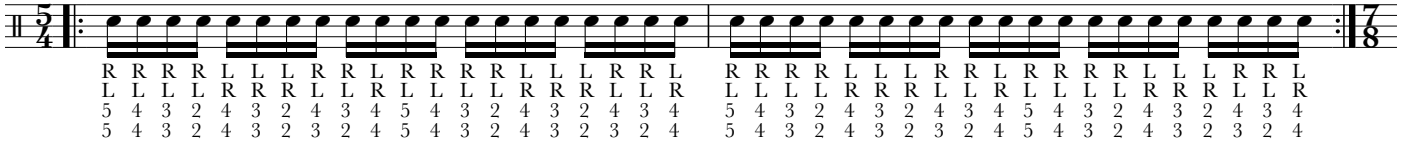
34.



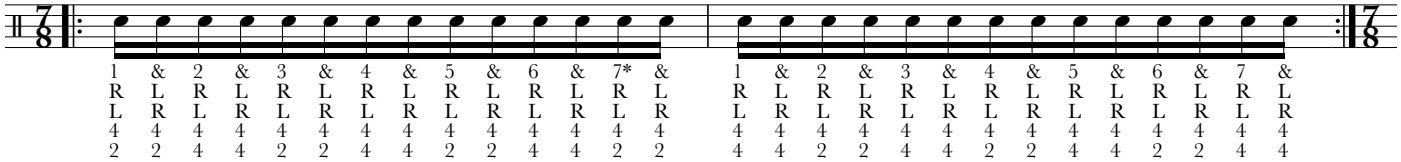
35.



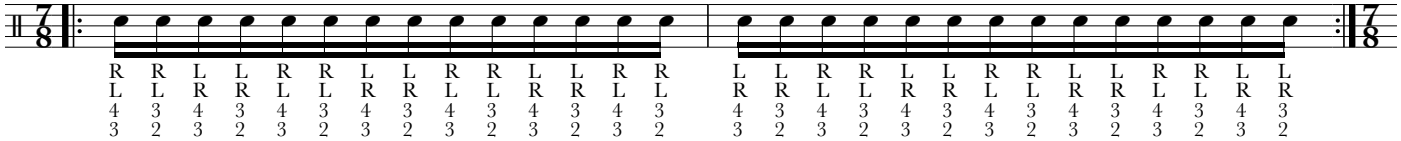
36.



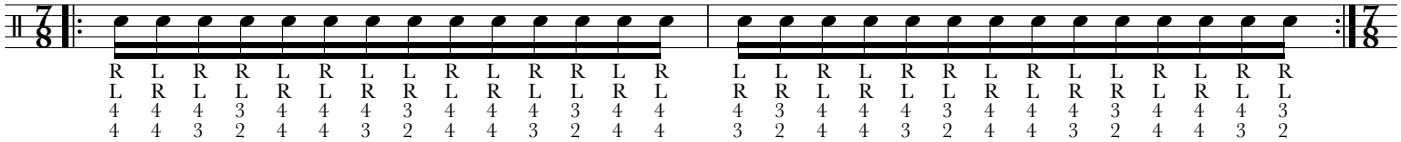
37.



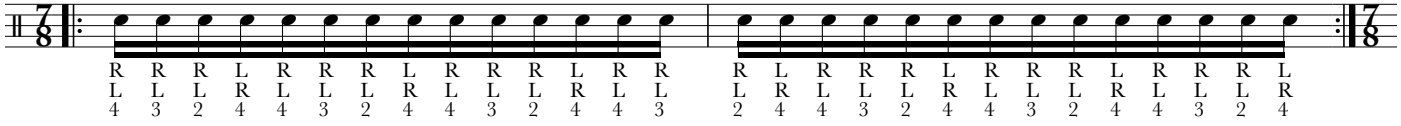
38.



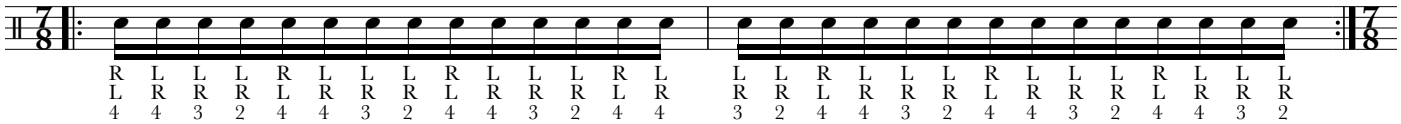
39.



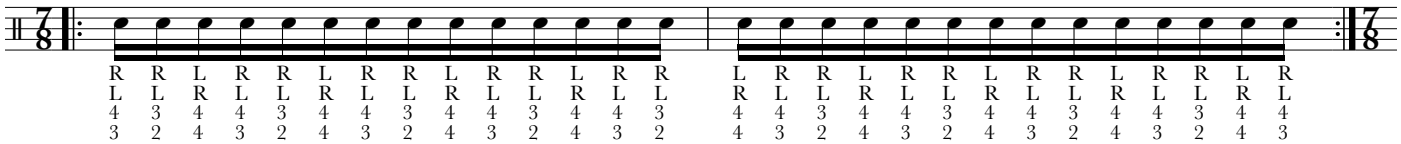
40.



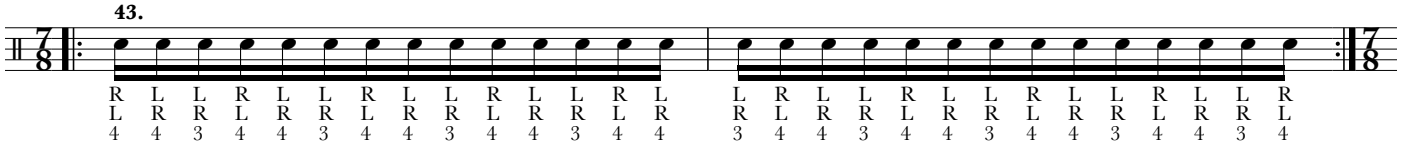
41.



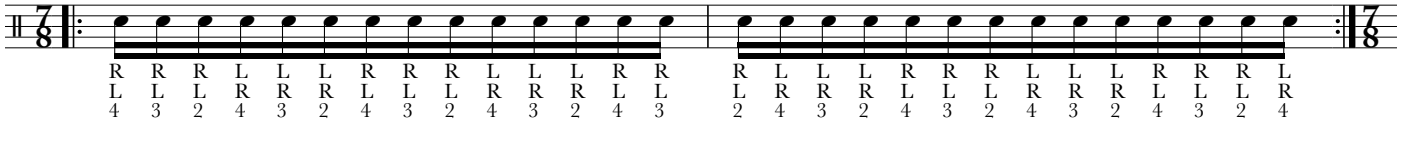
42.



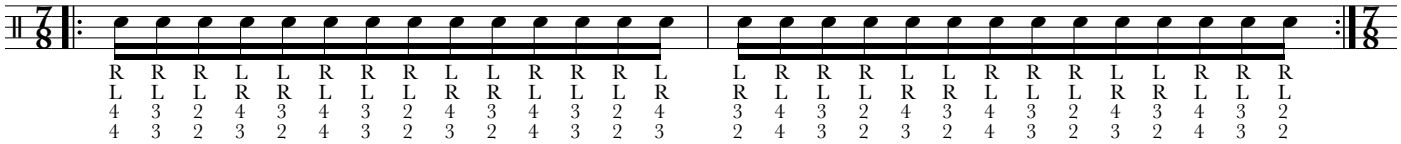
43.



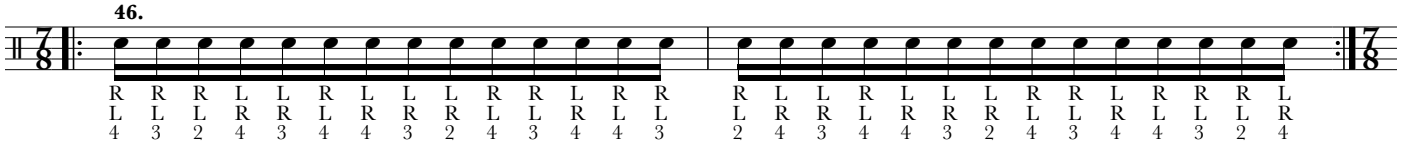
44.



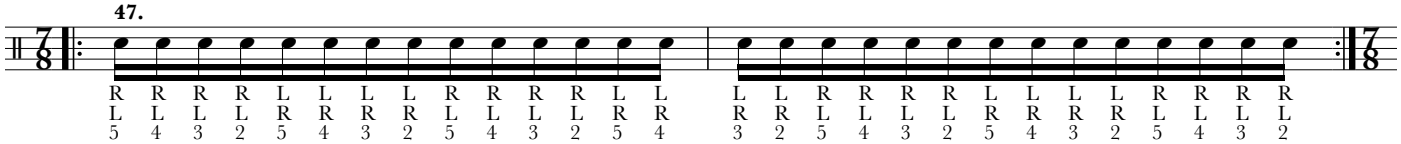
45.



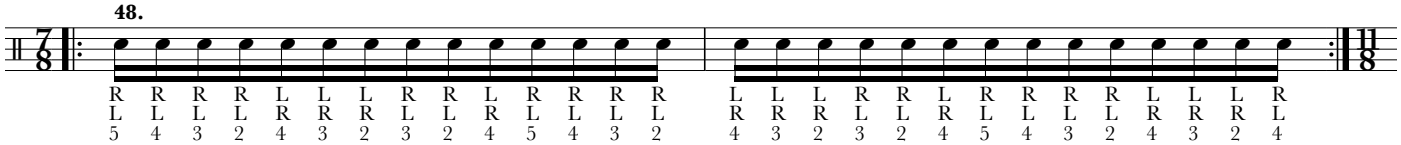
46.



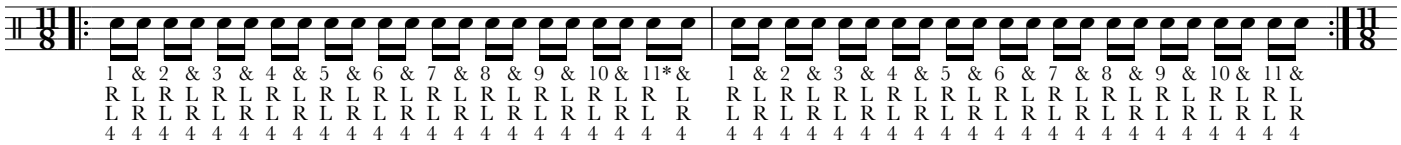
47.



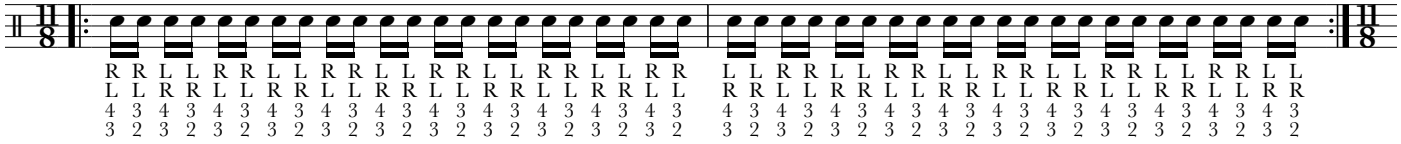
48.



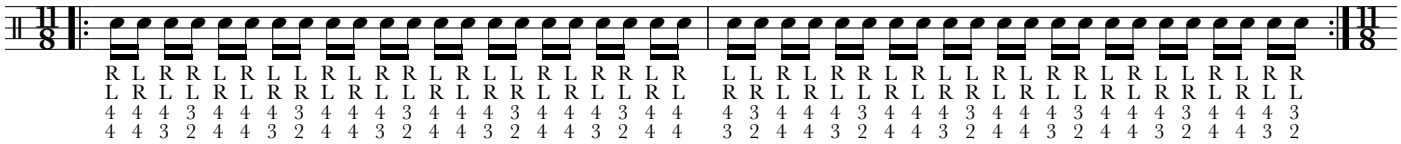
49.



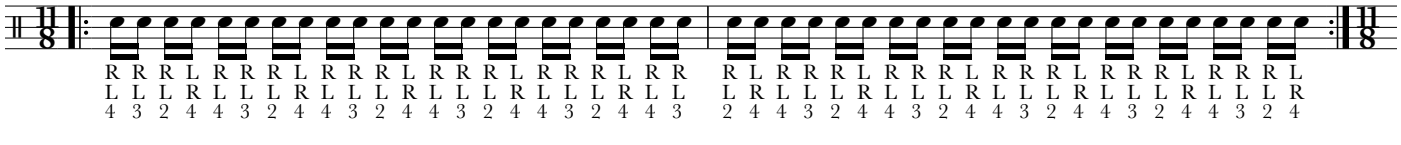
50.



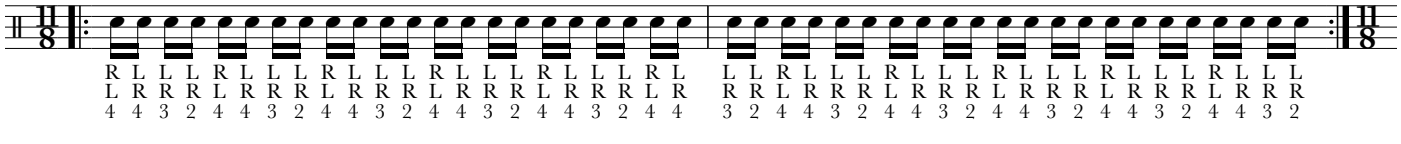
51.



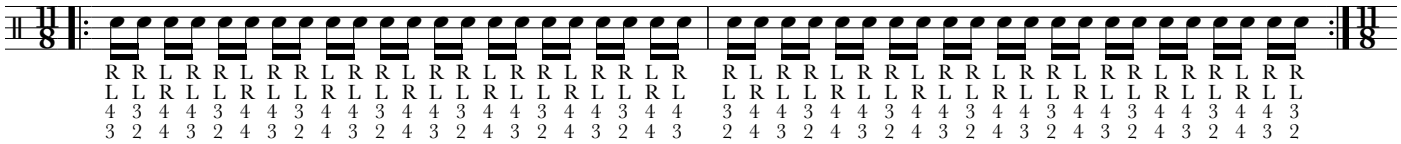
52.



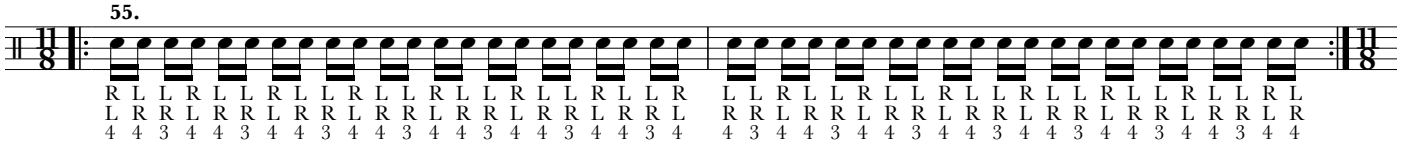
53.



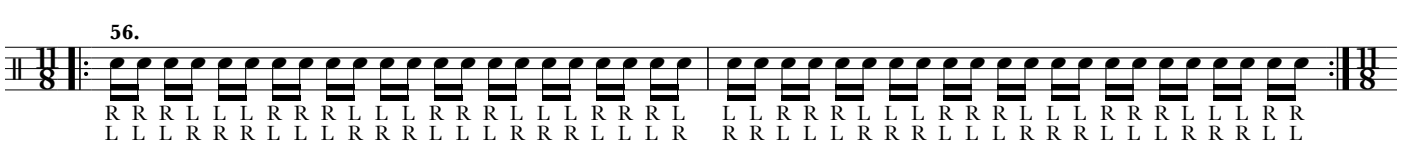
54.



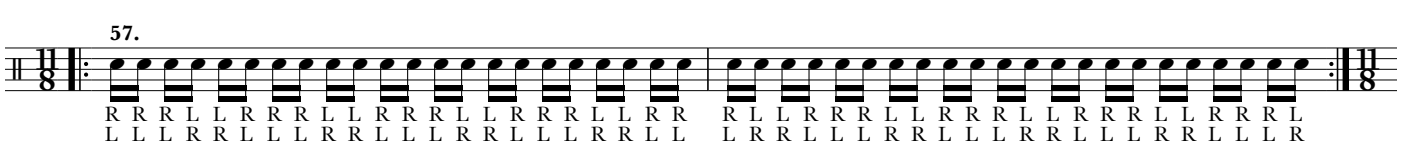
55.



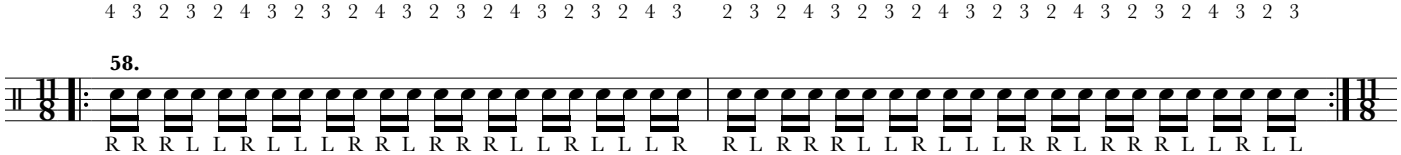
56.



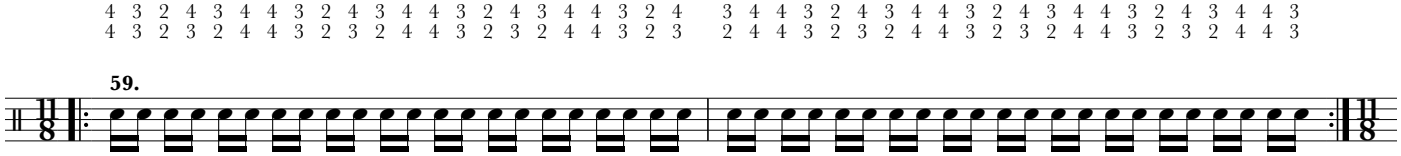
57.



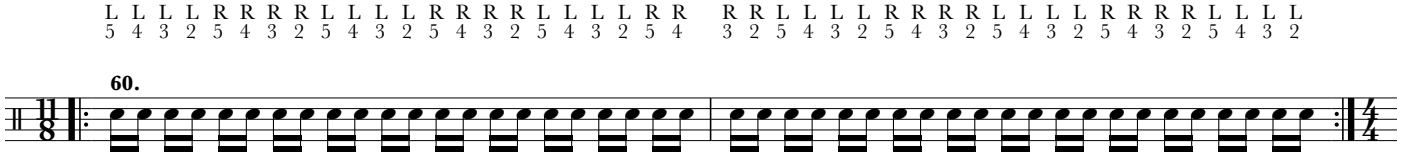
58.



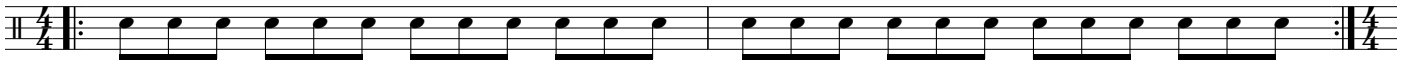
59.



60.



61.

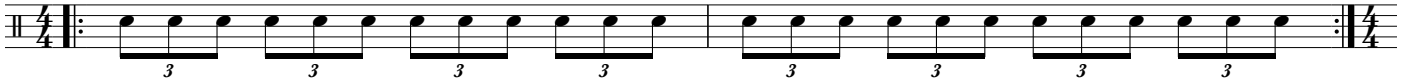


	3			3			3			3			3			3			3			3	
1	ki	da	2	ki	da	3	ki	da	4	ki	da	1	ki	da	2	ki	da	3	ki	da	4	ki	da
R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L
L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4

62.

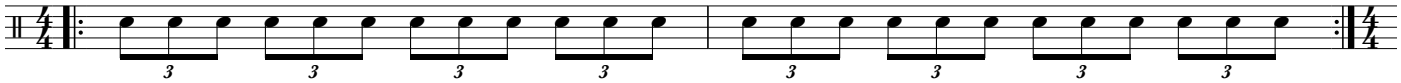
	3			3			3			3			3			3			3			3	
R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L
L	L	R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L	R	R	L	L	R	R
4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3	4	3
3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2

63.



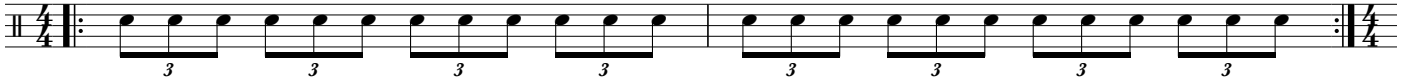
	3			3			3			3			3			3			3			3	
R	L	R	R	L	R	L	L	R	L	R	R	L	R	L	L	R	L	R	R	L	R	L	L
L	R	L	L	R	L	R	R	L	R	L	L	R	L	R	R	L	R	L	L	R	L	R	R
4	4	4	3	4	4	4	3	4	4	4	3	4	4	4	3	4	4	4	3	4	4	4	3
4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2

64.



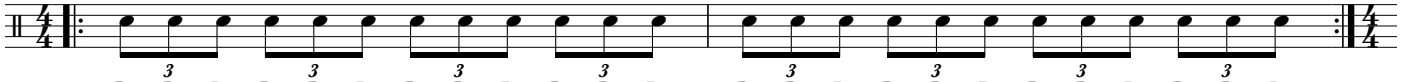
	3			3			3			3			3			3			3			3	
R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L
L	L	L	R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L	R
4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4

65.



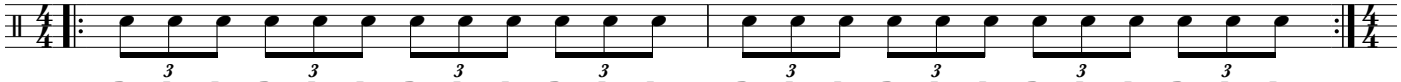
	3			3			3			3			3			3			3			3	
R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L	R	L	L	L
L	R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L	R	R	R	L	R	R	R
4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2	4	4	3	2

66.



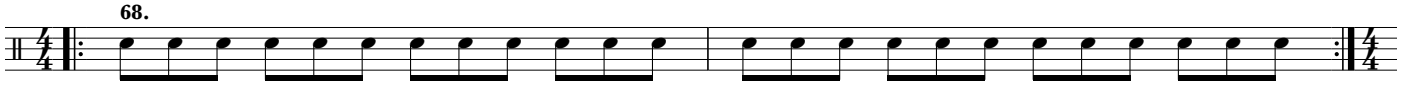
	3			3			3			3			3			3			3			3	
R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L
L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R
4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4
3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4

67.



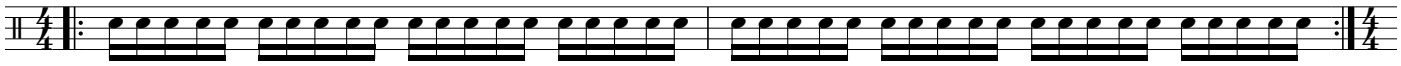
	3			3			3			3			3			3			3			3	
R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L	R	L	L
L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R	L	R	R
4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3	4	4	3
4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2

68.



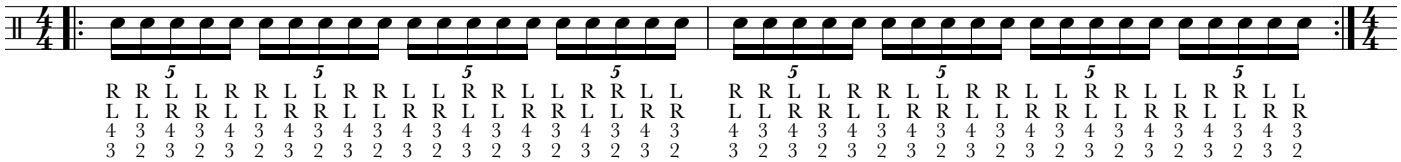
	3			3			3			3			3			3			3			3	
R	R	R	L	L	L	R	R	R	L	L	L	R	R	R	L	L	L	R	R	R	L	L	L
L	L	L	R	R	R	L	L	L	R	R	R	L	L	L	R	R	R	L	L	L	R	R	R
4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2	4	3	2

69.

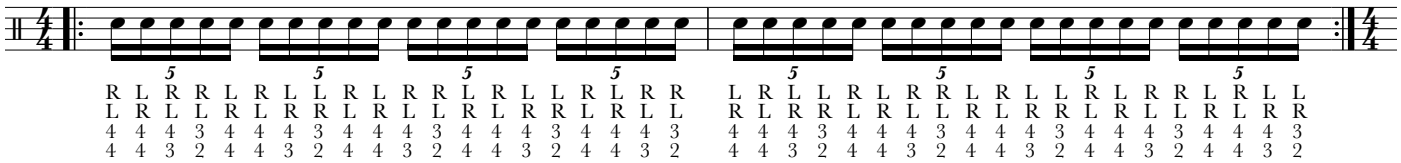


	5					5					5					5					5		
1	ta	ka	di	mi	2	ta	ka	di	mi	3	ta	ka	di	mi	4	ta	ka	di	mi	1	ta	ka	di	mi	2	ta	ka	di	mi	3	ta	ka	di	mi	4	ta	ka	di	mi
R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L
L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2	4	4	2	2

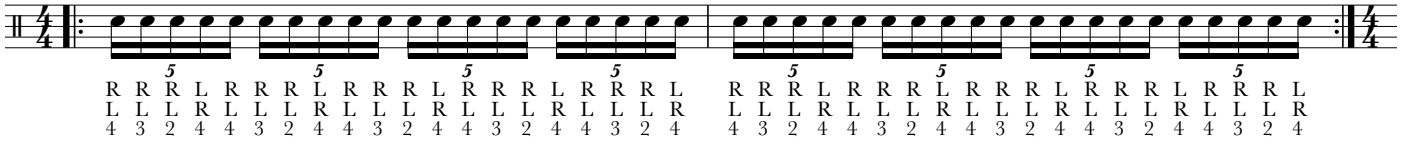
70.



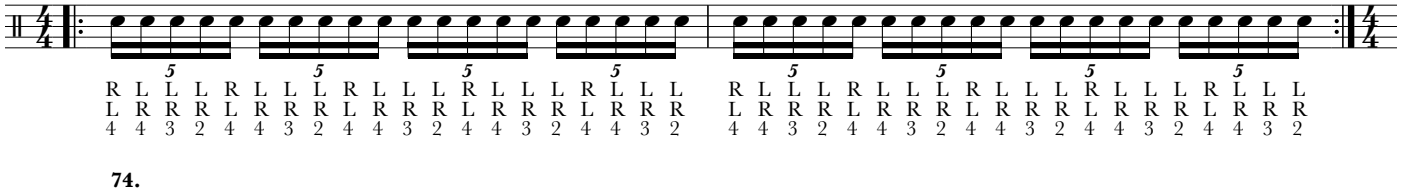
71.



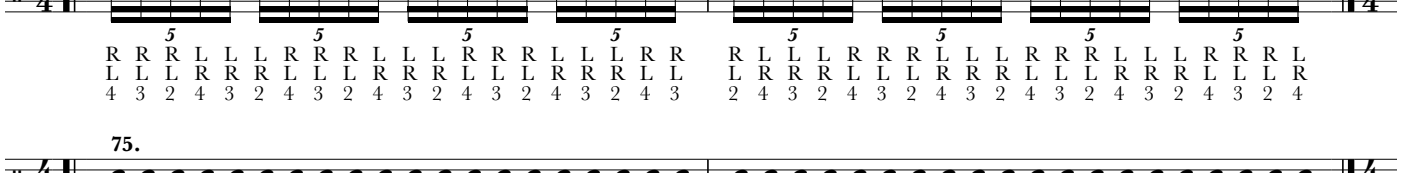
72.



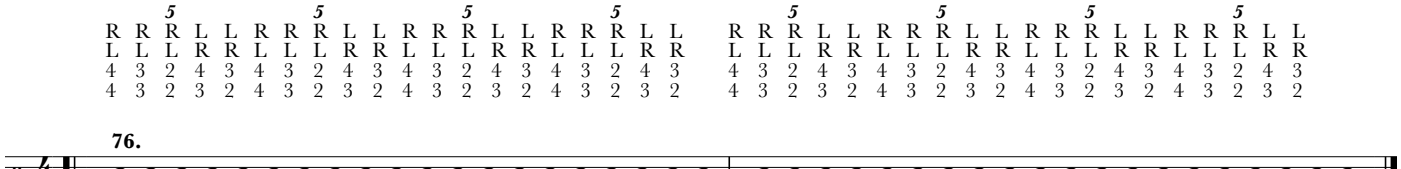
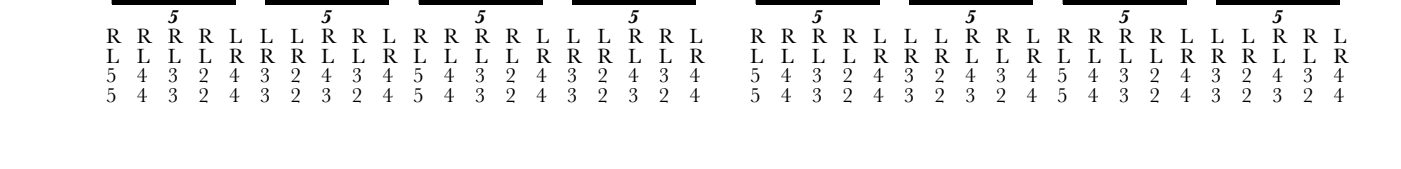
73.



74.



75.



76.