

# Basic Stickings

- Level 3 -



|         |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---------|---|---|---|---|---|---|---|---|---|---|---|---|---|
| SSR (R) | : | R | L | R | L | R | L | R | L | R | L | R | R |
| SSR (L) | : | L | R | L | R | L | R | L | R | L | R | L | L |
| DSR (1) | : | R | R | L | L | R | R | L | L | R | R | L | R |
| DSR (2) | : | R | L | L | R | R | L | L | R | R | L | L | R |
| DSR (3) | : | L | L | R | R | L | L | R | R | L | L | R | L |
| DSR (4) | : | L | R | R | L | L | R | R | L | L | R | R | L |
| PD (1)  | : | R | L | R | R | L | R | L | L | R | L | L | L |
| PD (2)  | : | R | L | R | L | L | R | L | R | L | L | L | L |
| PD (3)  | : | R | R | L | R | L | L | R | L | L | L | R | L |
| PD (4)  | : | R | L | L | R | L | R | R | L | L | R | R | L |

## Übungsroutine:

- (1) R + L
- (2) K + P, R = K und L = P
- (3) R + K, L = K
- (4) L + K, R = K

**Zeit:** Jeden Tag, jeweils 5 Minuten

**Tempo:** Langsam beginnen, dann Tempo erhöhen

**Ziel:** 100 bpm

**R = Rechts, L= Links, K= Rechter Fuß, P=Linker Fuß**

