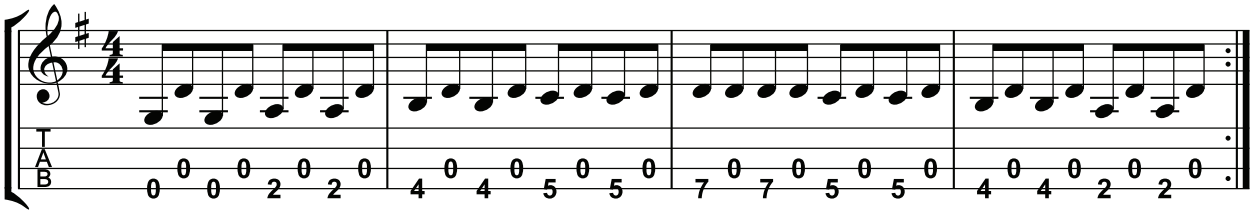
Theory and Application

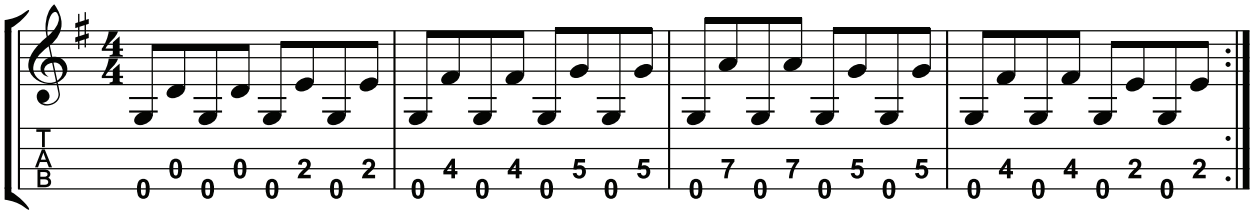
Warm-Up Exercises 1

Take these exercises very slowly at first, and alternate your stokes: down, up, down, up strictly all the time. Eventually you could play continuously from Ex.1 to Ex.6.

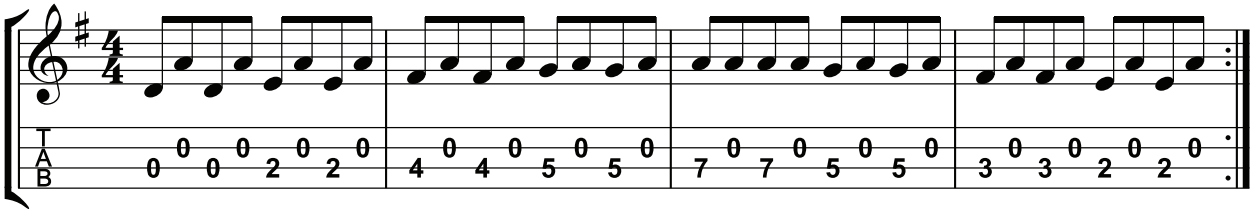
Exercise 1



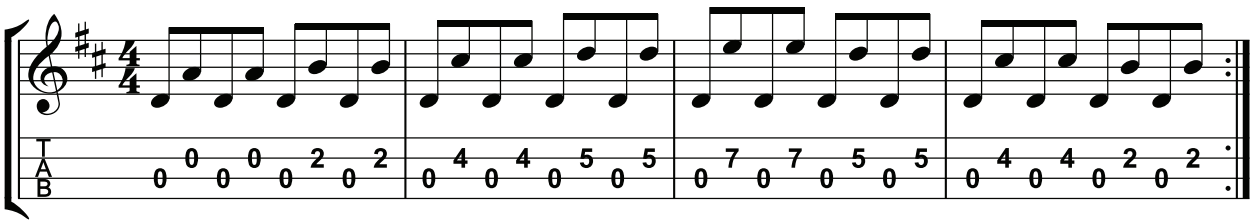
Exercise 2



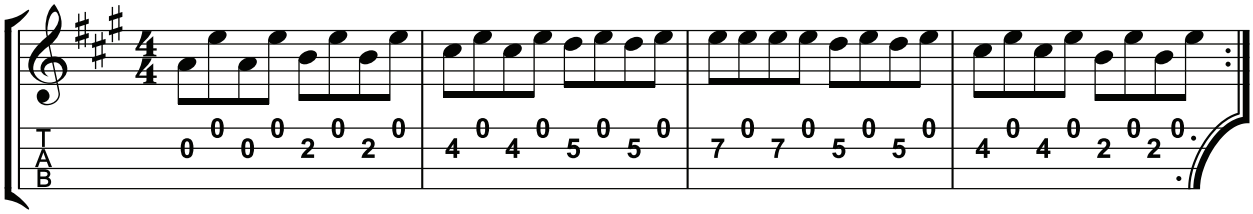
Exercise 3



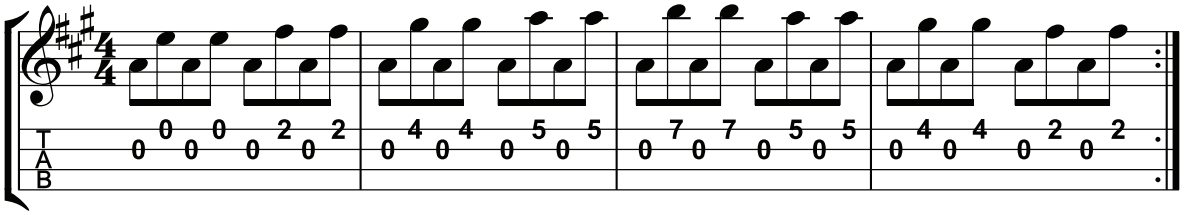
Exercise 4



Exercise 5



Exercise 6



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