WORK THAT RIGHT HAND!

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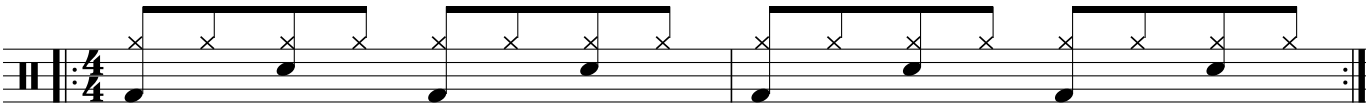
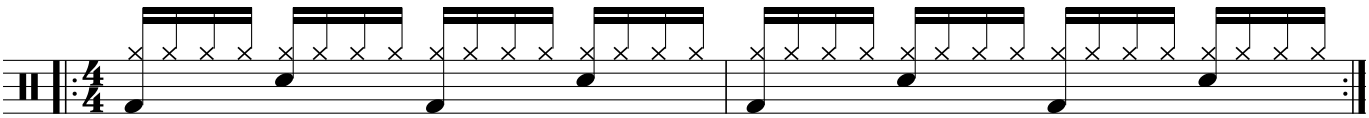
& Paul Brook

2 MINUTES WITHOUT STOPPING!
Then you can tick the tempo box and go to the next speed. RELAX! If you find your arm is taking over, or you feel tense...
STOP.

FAST ROCK/ROCK N' ROLL

180 184 188 192 196 200 204 208 212 216 220 224 228 232 236 240



FUNK/SLOW ROCK

90 92 94 96 98 100 102 104 106 108 110 112 114 116 118 120