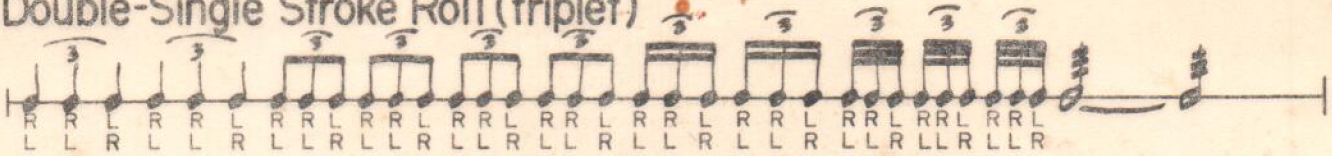
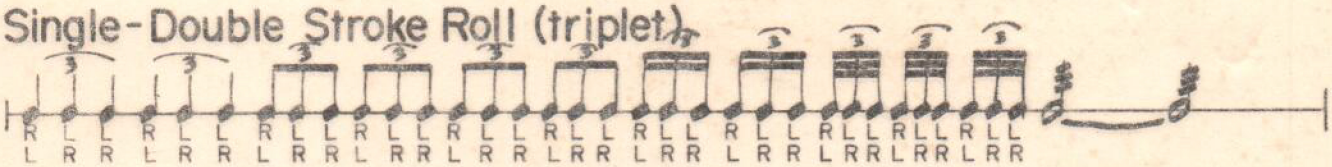
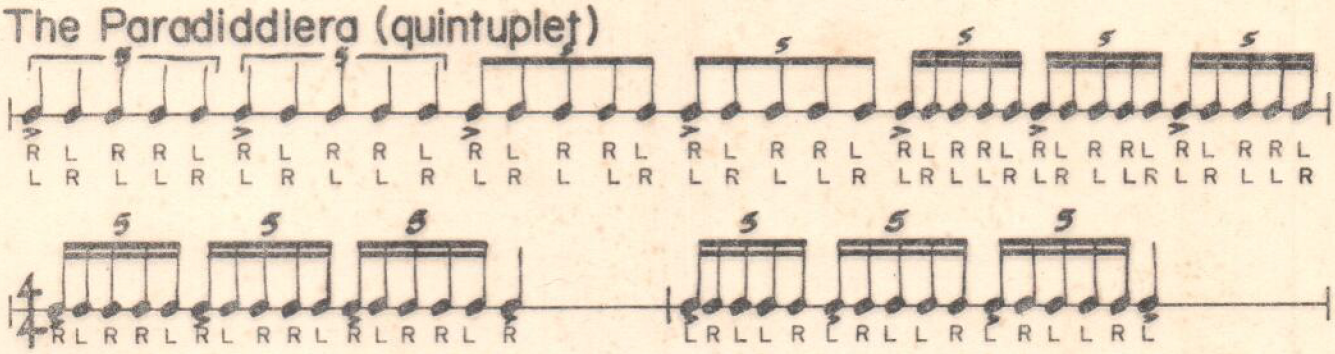
1. Double-Single Stroke Roll (triplet)



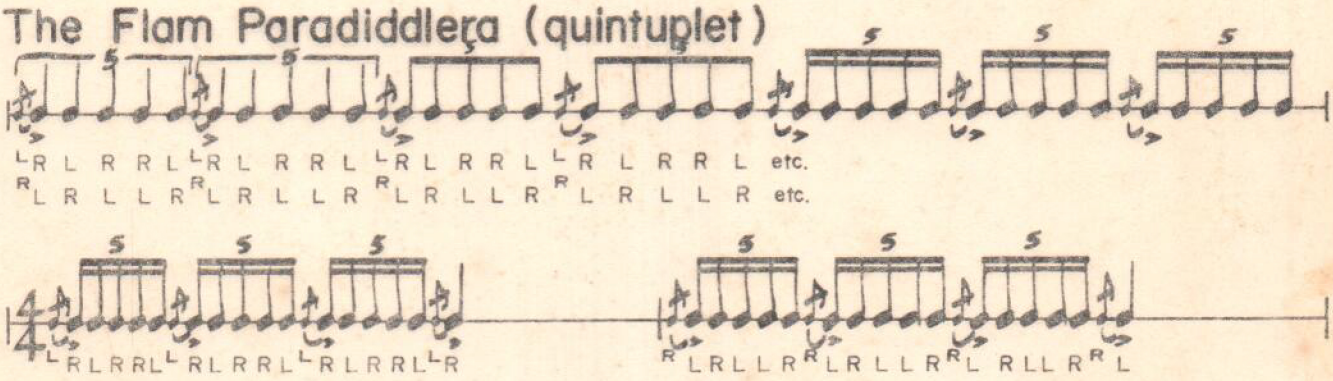
2. Single-Double Stroke Roll (triplet)



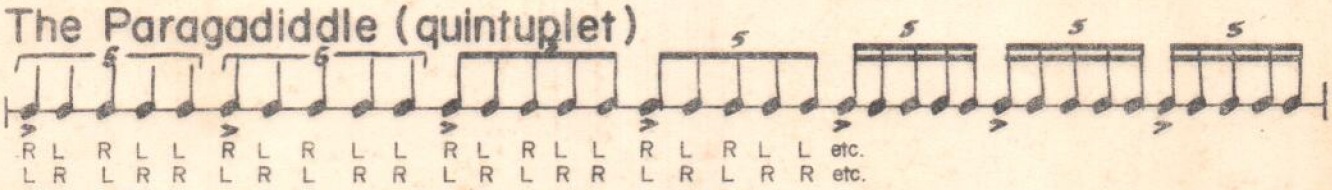
3. The Paradiddlera (quintuplet)



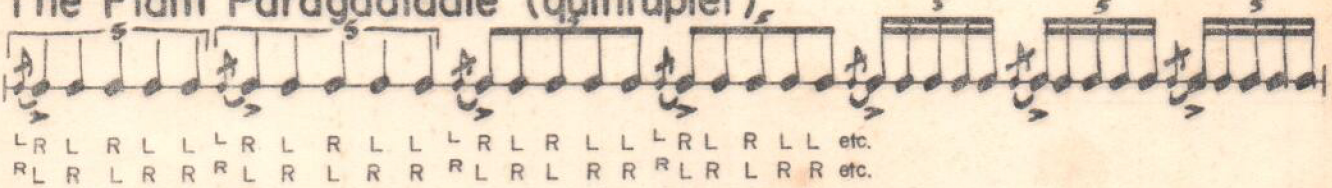
4. The Flam Paradiddlera (quintuplet)



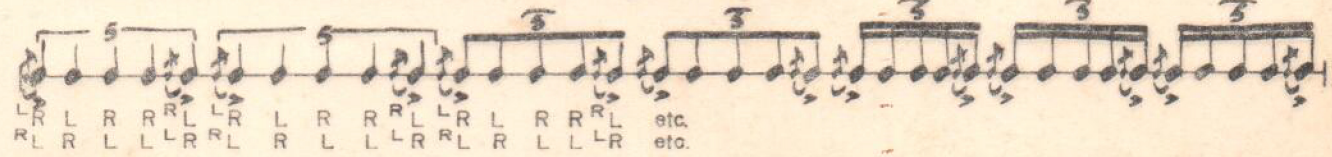
5. The Paragadiddle (quintuplet)



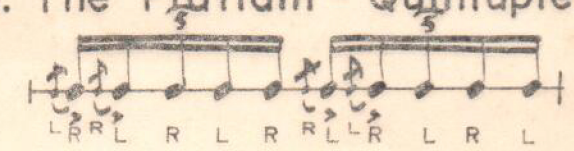
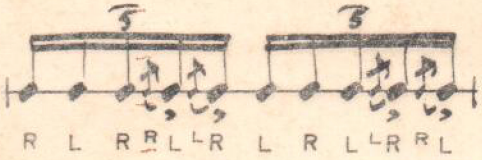
6. The Flam Paragadiddle (quintuplet)



7. The Flam Paradiddle-Flam (quintuplet)



8. The Flaflam - Quintuplet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