

# SLOW-FAST

## SINGLE STROKE ROLL MOBILITY

The object is to alternate seamlessly and without hesitation between two different tempos. "Slow" should probably be interpreted as "moderate," and "50% faster" should really be pushing your limits. It's not important to play the faster tempo exactly 50% faster; just as long as it's significantly quicker than the "Slow" tempo.

### Pattern 1

Slow

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

Suddenly about 50% faster

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

### Pattern 2

Slow

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 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

Suddenly about 50% faster

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 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