

# Flam Party 3

Advanced flam exercise

ORourke

*pp*

3

*fp*

7

8

*fp*

10

r | r | r | r | r | r | r | r | L | L | L | L | r | R | L | r | R | L | r | R | L | r |

R r r r L l l R r r r L l l R r r r r | L r R | L

R r r r r | l r r | l r r r | l r r r | r | r | r | r | r | r | r | r | r | r |

R r r r L | | | R r r r L | | |

l r | R | r | L | R | r | L | r | r | r | R | | | R L R R L L

R r | L | r | R r | R r | R L R