

# Week 7 Technique Workout

## Ex.1

3 5 2 5 2 5 3 5 5 7 5 7 5 7 5 7 7 9 7 9 7 9 7 9 9 12 10 12 10 12 9 12

3

12 15 12 15 12 15 12 15 9 12 10 12 10 12 9 12 7 9 7 9 7 9 7 9 5 7 5 7 5 7 5 7

5

3 5 2 5 2 5 3 5 5

## Ex.2

6

2 5 2 5 2 5 2 5 5 7 4 7 4 7 5 7 7 9 8 10 8 9 7 9 10 12 10 12 10 12

2

8

T  
A  
B

Ex.3

10

T  
A  
B

12

T  
A  
B