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## Developing Your Weaker Side (part 2)

This second exercise is commonly known as a paradiddle pyramid. It uses the strategically placed singles and doubles to balance the limbs. The concept is to play two single (paradiddles) followed by two doubles and two triples; then back to two doubles and two singles.

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

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

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

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