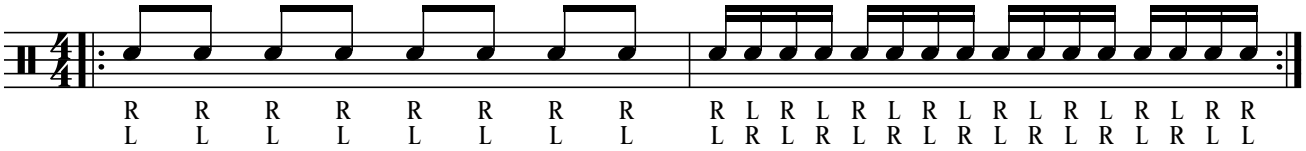
Warmup Übungen

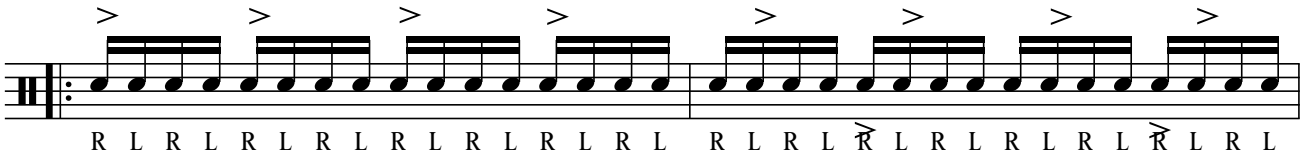
Einzelschläge, Doppelschläge, Akzente und Flams zum aufwärmen

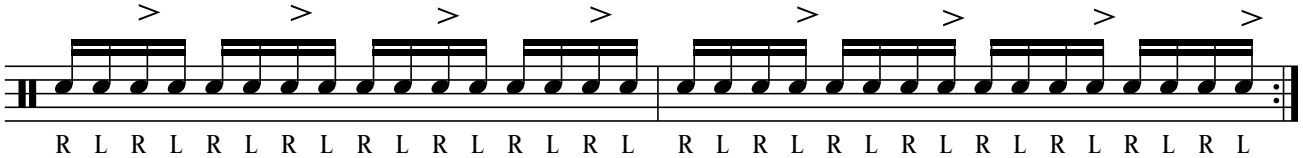
1. Rechte und linke Hand abwechselnd



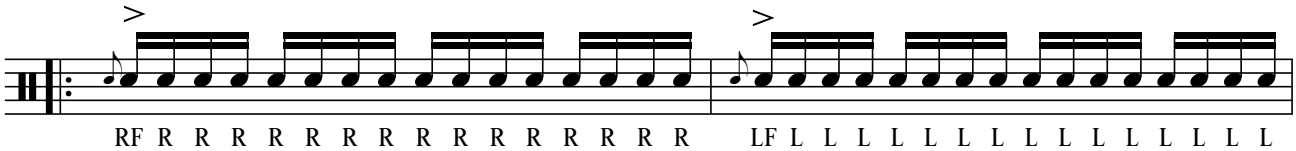
2. Singles und Doubles

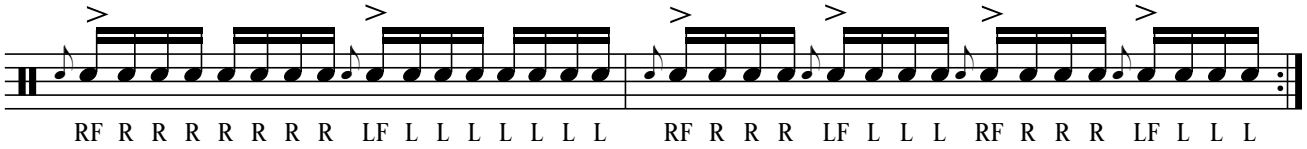
3. Akzente





4. Finger und Flams





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