

DOUBLE STICK DRILLS

CLOSED – R STICK ON R SHOULDER, L STICK UNDER R ARM OR VICE VERSA
OPEN – STICKS OUT TO SIDE IN ‘V’ POSITION

CLOSED 4 COUNT

REGULAR
#1 RIGHT
#2 LEFT
#2 RIGHT
#1 LEFT

MODIFIED
#1 RIGHT
#2 LEFT
#8 RIGHT
#7 LEFT

BROKEN
#1 RIGHT
#8 LEFT
#8 RIGHT
#1 LEFT

OPEN 4 COUNT

REGULAR
#1 RIGHT
#1 LEFT
#2 RIGHT
#2 LEFT

MODIFIED
#1 RIGHT
#1 LEFT
#8 RIGHT
#8 LEFT

BROKEN
#1 RIGHT
#8 RIGHT
#1 LEFT
#8 LEFT

CLOSED 8 COUNT

REGULAR
#1 RIGHT
#2 LEFT
#2 RIGHT
#1 LEFT
#7 RIGHT
#8 LEFT
#8 RIGHT
#7 LEFT

MODIFIED
#1 RIGHT
#2 LEFT
#2 RIGHT
#1 LEFT
#7 RIGHT
#8 RIGHT
#8 LEFT
#7 LEFT

BROKEN
#1 RIGHT
#2 LEFT
#2 RIGHT
#1 LEFT
#8 LEFT
#7 RIGHT
#8 RIGHT
#7 LEFT

OPEN 8 COUNT

REGULAR
#1 RIGHT
#1 LEFT
#2 RIGHT
#2 LEFT
#7 RIGHT
#7 LEFT
#8 RIGHT
#8 LEFT

MODIFIED
#1 RIGHT
#1 LEFT
#2 RIGHT
#2 LEFT
#7 RIGHT
#8 RIGHT
#7 LEFT
#8 LEFT

BROKEN
#1 RIGHT
#1 LEFT
#2 RIGHT
#2 LEFT
#7 LEFT
#1 RIGHT
#2 LEFT
#8 RIGHT

CLOSED 12 COUNT

#1 RIGHT
#2 LEFT
#2 RIGHT
#1 LEFT
#7 RIGHT
#8 LEFT
#2 RIGHT
#1 LEFT
#8 LEFT
#7 RIGHT
#2 RIGHT
#1 LEFT

8 COUNT (CLOSED)

#1 RIGHT
#2 RIGHT
#2 LEFT
#1 RIGHT
#1 LEFT
#2 LEFT
#2 RIGHT
#1 LEFT

9 COUNT (OPEN)

#1 RIGHT
#8 RIGHT
#1 LEFT
#8 LEFT
#1 RIGHT
#8 RIGHT
#1 LEFT
#7 RIGHT
#8 LEFT

15 COUNT

AS 9 COUNT PLUS HEAVEN SIX