



## **DOUBLE STICK DRILLS**

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

### **CLOSED 4 COUNT**

<i>REGULAR</i>	<i>MODIFIED</i>	<i>BROKEN</i>
#1 RIGHT	#1 RIGHT	#1 RIGHT
#2 LEFT	#2 LEFT	#8 LEFT
#2 RIGHT	#8 RIGHT	#8 RIGHT
#1 LEFT	#7 LEFT	#1 LEFT

### **OPEN 4 COUNT**

<i>REGULAR</i>	<i>MODIFIED</i>	<i>BROKEN</i>
#1 RIGHT	#1 RIGHT	#1 RIGHT
#1 LEFT	#1 LEFT	#8 RIGHT
#2 RIGHT	#8 RIGHT	#1 LEFT
#2 LEFT	#8 LEFT	#8 LEFT

### **CLOSED 8 COUNT**

<i>REGULAR</i>	<i>MODIFIED</i>	<i>BROKEN</i>
#1 RIGHT	#1 RIGHT	#1 RIGHT
#2 LEFT	#2 LEFT	#2 LEFT
#2 RIGHT	#2 RIGHT	#2 RIGHT
#1 LEFT	#1 LEFT	#1 LEFT
#7 RIGHT	#7 RIGHT	#8 LEFT
#8 LEFT	#8 RIGHT	#7 RIGHT
#8 RIGHT	#8 LEFT	#8 RIGHT
#7 LEFT	#7 LEFT	#7 LEFT

### **OPEN 8 COUNT**

<i>REGULAR</i>	<i>MODIFIED</i>	<i>BROKEN</i>
#1 RIGHT	#1 RIGHT	#1 RIGHT
#1 LEFT	#1 LEFT	#1 LEFT
#2 RIGHT	#2 RIGHT	#2 RIGHT
#2 LEFT	#2 LEFT	#2 LEFT
#7 RIGHT	#7 RIGHT	#7 LEFT
#7 LEFT	#8 RIGHT	#1 RIGHT
#8 RIGHT	#7 LEFT	#2 LEFT
#8 LEFT	#8 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 (OPEN)**

AS 9 COUNT PLUS HEAVEN SIX

### **CIRCLING HEAVEN SIX**

### **LYING HEAVEN SIX**

### **KNEELING HEAVEN SIX**

### **HEAVEN SIX**

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

### **STANDARD SIX**

#1 RIGHT  
#8 LEFT  
#2 RIGHT WITIK  
#1 LEFT  
#8 RIGHT  
#2 LEFT WITIK

### **EARTH SIX**

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

### **REVERSE HEAVEN SIX**

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

### **REDONDO SIX**

#1 RIGHT  
#2 LEFT OVERHEAD REDONDO  
#1 RIGHT  
#1 LEFT  
#2 RIGHT OVERHEAD REDONDO  
#2 LEFT