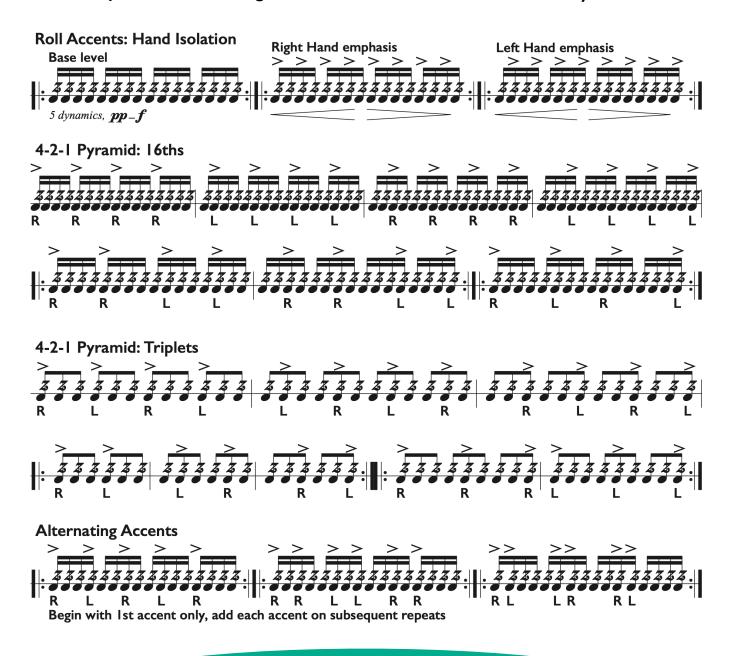
Concert SD: Roll Calibration /w Accents

To improve the smoothness and consistency of rolls, a contrast between energy levels is helpful

Press with arm weight to create accents. Do not use the wrist. Keep the sticks flat to the arm and not angled up.

Explore exercise segments from J = 80-140 with different dynamics



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