

Push-Pull-Prayer

(Heel-Tip-Prayer)

Thomas Arens

♣ = 38 - 40 - 42 - 45 - 48 - 51 - 54 - 57 ♣ = 30 - 32 - 34

RLRL RLRL RLRL RR L

RLRL RLRL RLRL RR LL

LRLR LRLR LRLR LL R

LRLR LRLR LRLR LL RR