









TITLE

5

SD  
R L R L L R R L R L R L R L R L RL....

Quads  
R R R L

BD's  
R R R L R L R R R L

The Lame Bow

SD  
6 R R R R R L R L L R R L R B

Quads  
6 3 L R L R B

BD's  
6 3 R L L R