

RUDIMENT RUNDOWN: FLAMS

BY ERIK HOLMES

FLAMS

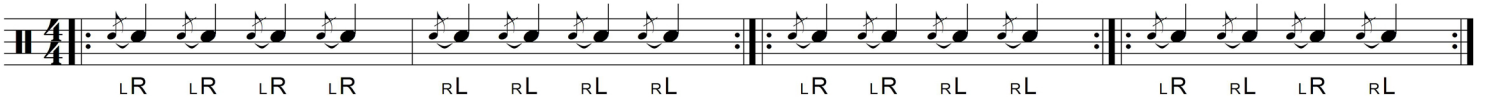


BRONZE					SILVER					GOLD				
30	35	40	45	50	55	60	65	70	75	80	85	90	95	100

8 ON A HAND



4 ON A HAND



2 ON A HAND

ALTERNATING

FLAM TAP



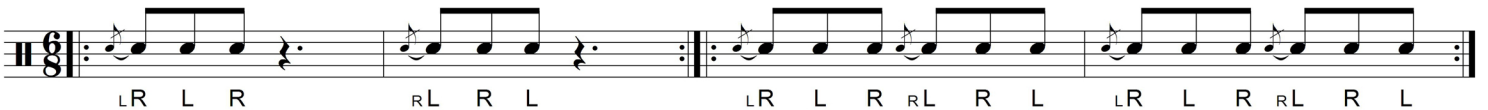
BRONZE					SILVER					GOLD				
30	35	40	45	50	55	60	65	70	75	80	85	90	95	100



FLAM ACCENT



BRONZE					SILVER					GOLD				
30	35	40	45	50	55	60	65	70	75	80	85	90	95	100



FLAMACUE



BRONZE					SILVER					GOLD				
30	35	40	45	50	55	60	65	70	75	80	85	90	95	100

