

standard

Boxed text is a guide how many counts per hand for each pattern

1 CHECK R L R L ...

1 0.5x R ... L ... R ... L ... R ... L ... R ... L ...

1 1x R ... L ... R ... L ... R ... L ... R ... L ...

5 2x R ... L ...

5 4x R ... L ...

9 8x (out) (down) (up) (set) (out) (down) (up) (set)

13 16x (out) (down) (up) (set)

17 (out) (down) (up) (set)