

AFLOOGA

4x32 S

1 2 3 4

1 2

3 4

2x 1x 4x 3x

2x 1x

4x 3x

S

RA

LA

S

LA

RA

①

②

③

④

DOUBLE
FIGURES
OF EIGHT

①

②

③

④

1 ② ③ 4

①-③ ②-④

③ ①-④ ②

RL

X_R

X_L

1 ② ③ 4

①-③ ②-④

③ ①-④ ②

1 bar/hand

1 bar

1 bar

3 ④ ① 2

3 1x 4x 2

RL

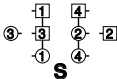
X_R

3 ④ ① 2

1 bar/hand



T_◇



S

3 2

3 1 4 2

T_◇

S