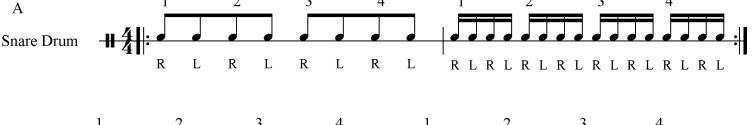
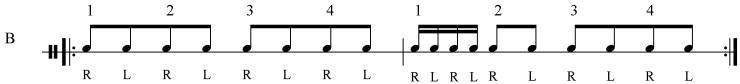
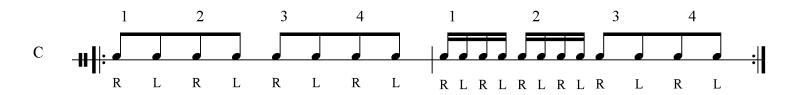
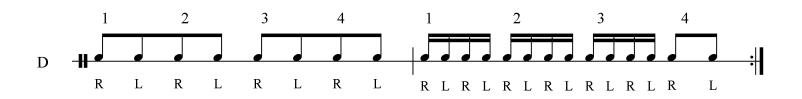
Single Stroke Exercises

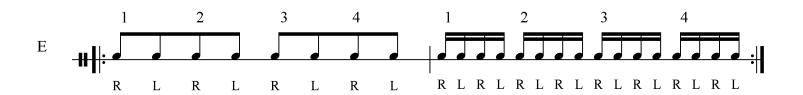
Sam Ruttenberg











Single strokes are easy with the HingeStix. Throw your stick down with a relaxed grip, and feel the rebound that the free motion of the stick allows (like bouncing a ball). Feel your back fingers under the stick and the slight rotation of the swivel pads in your hand. Keep that going for a more relaxed single stroke roll and better endurace.