

### Alternating Thumb Roll

### Alternating Thumb - Pinch

4  
4

T I T M T I T M T I T M T TM  
1 & 2 & 3 & 4 & 1 & 2 & 3 4

### Forward Roll

### Forward-Reverse Roll

3

I M T I M T I M T I M T M I T M  
1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &