

SCQF Level 4 Piping Monotone Exercises

1 & 2 & 1 a 2 1 & 2 a Rest 2

Link to Demonstration video :- <https://youtu.be/9wJmPNnjYRo>

1 a 2 3 & 1 2 & 3 a 1 Rest 3 a 1 2 & 3

Link to Demonstration Video :- <https://youtu.be/Ke79cSEjIRA>

1 2 1 i d 2. 1 i d 2 i d 1 2

Link to Demonstration Video :- <https://youtu.be/BoaGdgE9XAE>

1 d 2 d 1 i d 2 1 2 i d 1 d 2

Link to Demonstration Video :- https://youtu.be/a_WKczsZGwA

1 2 i d 3 1 2 3 i d 1 i d 2 3 1 2 i d 3

Link to Demonstration Video :- <https://youtu.be/DtRtN6eOW80>

1 i d 2 i d 3 i d. 1 2 3 d 1 d 2 i d 3 1 2 d 3 i d

Link to Demonstration Video :- <https://youtu.be/vpuFpOhwslc>