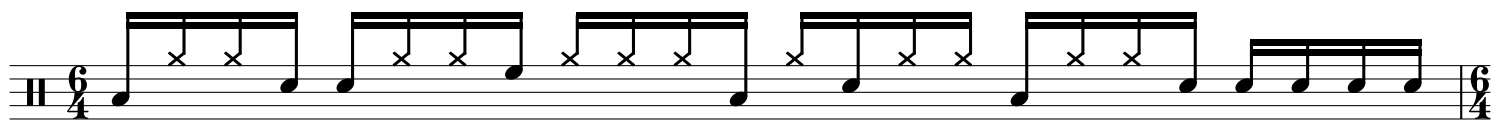


Jeff Strong's Calm for Anxiety Rhythm Study
 From <https://youtu.be/ovDvMCC2KLI>

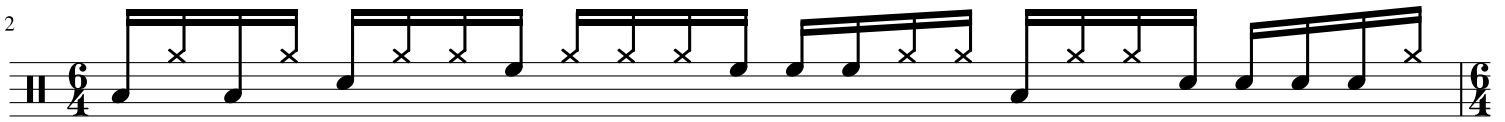
Musical Notation Legend

Slap tone (ghost note)  Muted tone (ghost note)
 Bass tone (Doom)  Open tone (Tek/tak)


R L R L R L R L R L L R L R L L R L R L R L R L



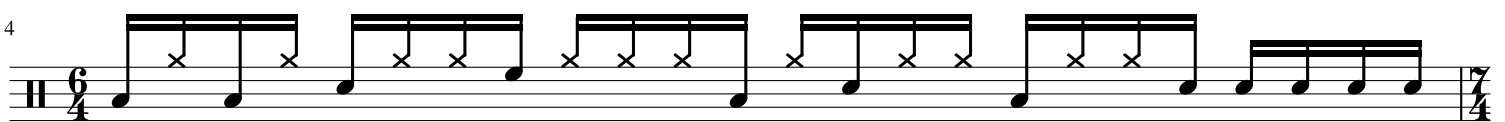
2 R L R L R L R L R L L R L R L L R L R L R L R L



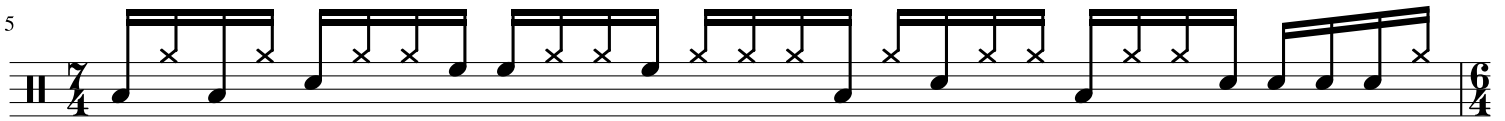
3 R L R L R L R L R L L R L R L L R L R L R L R L



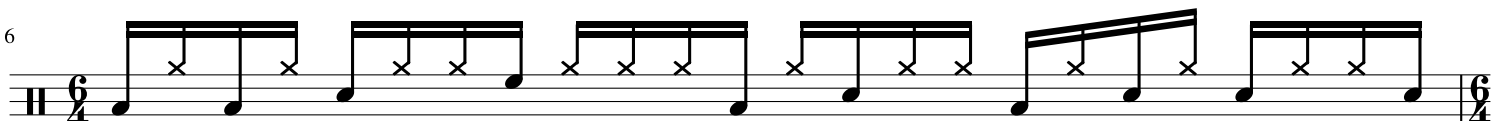
4 R L R L R L R L R L L R L R L L R L R L R L R L



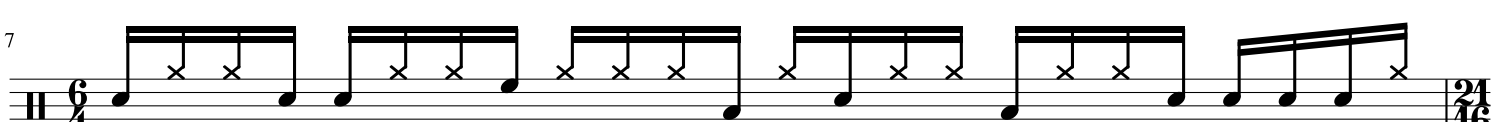
5 R L R L R L R L R L R L L R L R L L R L R L R L R L



6 R L R L R L R L R L L R L R L L R L R L R L R L



7 R L R L R L R L R L L R L R L L R L R L R L R L



8 R L R L R L R L R L L R L R L L R L R L L

