

3. Practise *aaa* *aada* *accue*
manna *manner* *ran* *can*

4. Practise *aaa* across a line. Can you keep to the base-line?

5. Is your movement light? Take regular movement exercises to develop power and freedom.

STUDY III

1. Practise the ovals in varying size.

2. Practise *ooo* *OOO*

3. Write *coat* *boat* *cocoa* *canna*

4. Study *d d*. Practise *dada* and *ddd*