

2'ŞER RİTMİK İLERİYE GERİYE SAYMALAR

2-4-6-8-10-12-14-16-18-20

20-18-16-14-12-10-8-6-4-2

3'ER RİTMİK İLERİYE GERİYE SAYMALAR

3-6-9-12-15-18-21-24-27-30

30-27-24-21-18-15-12-9-6-3

4'ER RİTMİK İLERİYE GERİYE SAYMALAR

4-8-12-16-20-24-28-32-36-40

40-36-32-28-24-20-16-12-8-4

5'ER RİTMİK İLERİYE GERİYE SAYMALAR

5-10-15-20-25-30-35-40-45-50

50-45-40-35-30-25-20-15-10-5

10'AR RİTMİK İLERİYE GERİYE SAYMALAR

10-20-30-40-50-60-70-80-90-100

100-90-80-70-60-50-40-30-20-10
