

SYNCRONIZATION: SHIFTING ACCENTS ON + OFF BEAT RHYTHMS AND RUDIMENTS 8 REPEAT EACH 4-8X SLOW-MED-FAST

① 1 + 2 + 3 + 4 + 1 2 3 4 1 + 2 + 3 + 4 + 1 2 3 4

② 1 2 3 + 4 1 + 2 + 3 4 1 2 3 4 + 1 + 2 3 + 4

③ 1 2 3 + 4 1 + 2 + 3 4 1 2 3 4 1 + 2 + 3 + 4

④ 1 2 + 3 4 1 + 2 + 3 4 + 1 2 3 4 1 + 2 3 + 4

⑤ 1 + 2 + 3 + 4 1 2 + 3 + 4 1 2 3 + 4 1 2 3 4 +

⑥ 1 2 + 3 4 1 2 + 3 4 1 + 2 + 3 + 4 + 1 2 3 4

⑦ 1 2 3 + 4 1 2 + 3 + 4 1 2 3 4 1 + 2 1 3 4

⑧ 1 + 2 + 3 4 + 1 2 3 4 1 2 3 + 4 1 + 2 3 4

RUDIMENTS

SINGLE STROKE SEVEN = 7 NOTES PLAYED WITH SEVEN ALTERNATE STICKING

① 1 2 3 4 5 6 2 RLRLRL R

② 1 2 2 3 4 5 6 R RLRLRL

③ 1 2 3 4 5 6 2 + R RLRLRL

④ 1 + 2 2 3 4 5 6 R L RLRLRL

⑤ 1 2 3 4 5 6 2 3 + 4 RLRLRL RL LRLRLRL

⑥ 1 2 3 4 5 6 2 3 2 3 4 5 6 4 R L RLRLRL