

# RHYTHMS

# RHYTHMS AND RUDIMENTS 3

REPEAT 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 3 4

⑧ 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

# RUDIMENTS

BUZZ ROLL USE INDEX AND THUMBS TO GET 'BUZZ'

① R R

② R L

③ R L

④ R L R L

⑤ R L R L

⑥ R L R L

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