

RHYTHMS

① 1 2 3 4
 ITL+TL 2TL+TL 3TL+TL 4TL+TL 1 + 2 3 + 4
 REPEAT EACH 4-8x SLOW-MED-FAST
 1E+A 2E+A 3E+A 4E+A

② ITL+TL 2 3 4TL 1 2 3 4 1 + 2TL+TL 3 4 1E+A 2TL+TL 3 + 4TL+TL

③ 1 + 2TL 3TL 4 1 2 3TL+TL 4 + 1 2 3E+A 4TL+TL ITL+TL 2 3TL+TL 4

④ 1E+A 2E+A 3E+A 4E+A ITL 2TL 3TL 4TL 1 2 3 4

⑤ 1 + 2 + 3TL+TL 4 1 + 2TL 3 + 4TL ITL+TL 2 3TL+TL 4 + 1 + 2 3 4

⑥ 1 2 3 4TL+TL 1 2 3 4 ITL+TL 2TL+TL 3 4 1 2 + 3 4TL+TL

⑦ ITL 2TL 3 4 1 2 3TL+TL 4 1 + 2E+A 3TL 4E+A 1 2 3TL+TL 4

⑧ 1 2 3 4 1 2 3 4 + 1 + 2TL+TL 3TL+TL 4TL+TL ITL+TL 2 3 + 4

RUDIMENTS

PATAFLAFLA = FOUR NOTE PATTERN WITH FLAMS ON FIRST AND LAST NOTE

① L R L R L R L R L R L R L R L R L R

② L R L R L R L R L R L R L R L R L R

③ L R L R L R L R L R L R L R L R L R

④ L R L R L R L R L R L R L R L R L R

⑤ L R L R L R L R L R L R L R L R L R