

RHYTHMS

① 1 2 3 4
1 2 3 + 4 + 1E+A 2E+A 3 4

REPEAT EACH 4-8x
SLOW-MED. FAST
2E+A 3+ 4

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

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

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

⑤ 1 2 3 4E+A 1E+A 2 3 4 + 1TL 2TL 3TL 4TL 1 2 3 4E+A

⑥ 1TL 2 3E+A 4E+A 1 2 3 4 1 + 2 + 3E+A 4 1 2 3 + 4E+A

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

⑧ 1 + 2 + 3E+A 4 1 2 + 3TL 4TL 1E+A 2E+A 3 4 1 2 3 4

RUDIMENTS

FLAMACUE = GROUP OF FOUR NOTES FOLLOWED BY A DOWNBEAT. FLAM FIRST AND LAST NOTE.

① L R L R L R L R

② L R L R L R L R

③ 1E+A 2 3 4 TL TL TL TL

④ 1E+A 2 3 4 TL TL TL TL