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PRACTICING AN EXERCISE



First, pick an exercise you would like to play.

♩ = 60-100

H.H.
S.D.
B.D.

Next, set your drum machine or metronome to the desired tempo.

♩ = 60-100

Click >

While the click is running, play the first three notes—count *aloud* while you do this.

Track 8

1 e + 2 3 4

(1A)

Repeat this measure over and over, making sure that all the accented notes are loud enough, that all the unaccented notes are light enough and that you're playing the time evenly. When you can perform this much perfectly, add the next note.

Track 9

1 e + a 2 3 4

(1B)

Continue this process until you've added all the notes. Remember to get into the habit of counting aloud—this is an excellent way of unifying the mind, hands and feet.

Track 10

1 e + a 2 e 3 4

(1C)

Track 11

1 e + a 2 e + 3 4

(1D)