

Section 1

2/4/8-Stroke Hand-to-Hand and Hand-to-Foot Stickings Using Straight and Mixed Rhythms

Play through each page in this section using both “A” and “B” variations described below.

A. Simple Variations

1. upper note = RH lower note = LH
2. upper note = LH lower note = RH
3. upper note = RH lower note = RF
4. upper note = RH lower note = LF
5. upper note = LH lower note = RF
6. upper note = LH lower note = LF
7. upper note = RF lower note = LF

B. Compound Variations

1. upper note = alternating hands lower note = RF (or LF)
2. upper note = RH (or LH) lower note = alternating feet
3. upper note = alternating hands lower note = alternating feet
4. upper note = both hands lower note = RF (or LF)
5. upper note = RH (or LH) lower note = both feet
6. upper note = both hands lower note = alternating feet
7. upper note = alternating hands lower note = both feet
8. upper note = random hands lower note = random feet

* Remember:

- play each exercise numerous times, moving smoothly through the rhythms while developing strokes which are even in rhythm, volume, and tone
- play each exercise at three different volumes or stroke-height levels. This will help to
- develop greater strength and control in all playing situations.
 - a) 8 inch (“mf” or normal playing volume)
 - b) 2 inch (“p” or very soft playing volume)
 - c) 16 inch (“ff” or very loud playing volume)
- play at a tempo at which you can play the fastest rhythm in the exercise comfortably and accurately
- play each exercise with no accents (accents are added in the next section).

* Try to create additional own ways to play the exercises. For example, try playing a measure of 8ths using one hand/foot variation at one volume, and play the measure of 16ths using a different variation at a different volume.

* Have fun!