


Exercises

Hand And Foot Coordination



*beat the sheet
out of the music*

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Drum Notation

The image displays three staves of musical notation for various drum instruments. Each staff is divided into eight measures, with specific notation for each instrument in each measure.

Staff 1:

- Measure 1: Bass Drum (quarter note, G4)
- Measure 2: Snare (quarter note, G4)
- Measure 3: Snare Rim Shot (quarter note, G4, with accent)
- Measure 4: Snare Rim Click (quarter note, G4, with 'x' on the staff)
- Measure 5: Tom 4 (quarter note, G4)
- Measure 6: Tom 3 (quarter note, G4)
- Measure 7: Tom 2 (quarter note, G4)
- Measure 8: Tom 1 (quarter note, G4)

Staff 2:

- Measure 1: Closed HH Pedal (quarter note, G4, with '+' on the staff)
- Measure 2: Open HH Pedal (quarter note, G4, with 'o' on the staff)
- Measure 3: HiHat (on Surface) (quarter note, G4, with '+' on the staff)
- Measure 4: HiHat (on Edge) (quarter note, G4, with accent)
- Measure 5: Open HiHat (quarter note, G4, with 'o' on the staff)
- Measure 6: Ride (on Surface) (quarter note, G4, with 'x' on the staff)
- Measure 7: Ride (on Edge) (quarter note, G4, with accent)
- Measure 8: Ride (on Bell) (quarter note, G4, with '▲' on the staff)

Staff 3:

- Measure 1: Cowbell (quarter note, G4, with '♦' on the staff)
- Measure 2: Medium Stack (quarter note, G4, with '▼' on the staff)
- Measure 3: Left Crash (quarter note, G4, with 'x' on the staff)
- Measure 4: Right Crash (quarter note, G4, with 'x' on the staff)
- Measure 5: Splash Cymbal (quarter note, G4, with 'x' on the staff)

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by Martin Schommer

Exercise 1: Groups of 3

(2 minutes with metronome / increase the tempo day by day)

Frl: _____

Flr: _____

Musical staff showing a triplet of eighth notes (F, r, l) repeated four times. The notes are on a single line. The first note is F, the second is r, and the third is l. A bracket above the first three notes is labeled '3'.

Frl: _____

Flr: _____

Musical staff showing a triplet of eighth notes (r, l, F) repeated four times. The notes are on a single line. The first note is r, the second is l, and the third is F. A bracket above the first three notes is labeled '3'.

Frl: _____

Flr: _____

Musical staff showing a triplet of eighth notes (r, F, l) repeated four times. The notes are on a single line. The first note is r, the second is F, and the third is l. A bracket above the first three notes is labeled '3'.

Frl: _____

Flr: _____

Musical staff showing a triplet of eighth notes (r, F, F) repeated four times. The notes are on a single line. The first note is r, the second is F, and the third is F. A bracket above the first three notes is labeled '3'.

Frl: _____

Flr: _____

Musical staff showing a triplet of eighth notes (F, F, r) repeated four times. The notes are on a single line. The first note is F, the second is F, and the third is r. A bracket above the first three notes is labeled '3'.

Frl: _____

Flr: _____

Musical staff showing a triplet of eighth notes (F, r, F) repeated four times. The notes are on a single line. The first note is F, the second is r, and the third is F. A bracket above the first three notes is labeled '3'.

Exercise 2: Groups of 4

(2 minutes with metronome / increase the tempo day by day)

Frl: _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____

Flr: _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____

r l F F
l r

Frl: _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____

Flr: _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____

F F r l
l r

Frl: _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____

Flr: _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____

r F F l
l r

Frl: _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____

Flr: _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____ : _____

F l r F
r l