

Exercises/Expectations for Groove

Legatos/One Height/ 8s/16s

- Initiation from the wrist
- Smooth, uninterrupted, and rebounded stroke
- Consistent sound from hand to hand
- Playing at variety of dynamics and heights
- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome

C, S, I, P



C = CADETS

S = SLAM

I = IMPACT

P = PURSUIT

TEMPO

♩ = 120

♩ = 140

♩ = 180

♩ = 210

C, S, I, P

Two Height/ Accent Tap

- Initiation from the wrist
- Stroke should remain similar to the basic legato stroke; rebounding every note
- Consistent sound from hand to hand
- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Maintaining relaxed technique at faster tempos



CADETS

SLAM

IMPACT

PURSUIT

TEMPO

♩ = 116

♩ = 132

♩ = 144

♩ = 164

Check Patterns/Timing (16th and Triplet)

- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Playing variations of the original exercise (i.e. backward 1-2-4, last pattern first)
- Starting exercises with Right and Left hand
- Smooth, uninterrupted, and rebounded stroke
- Playing at variety of dynamics and heights

Natural Sticking Throughout

Timing

$\text{♩} = 100 - 140$
3 note 16th timing w/ CHECK 2^{1s} + 1^{1s} C, S, 1, P

1
5

$\text{♩} = 100 - 140$
2 note 16th timing w/ CHECK 2^{1s} + 1^{1s} S, 1, P

9
13

$\text{♩} = 100 - 140$
3 NOTE 16th TIMING w/o CHECK 4 2 1 C, S, 1, P

15

$\text{♩} = 100 - 160$
2 NOTE TRIPLET PARTIALS w/ CHECK 4 2 1 1, P

21
23

$\text{♩} = 100 - 160$
3 NOTE TRIPLET PARTIALS w/ CHECK 4 2 1 1, P

29
38
44

Grid/ 4-2-1 16th and Triplet

EX
PG 3

- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Consistent, even sound from base notes (16th and triplets) while incorporating accents
- Able to play variations of the original exercise (i.e. backward 1-2-4, last pattern first, two accents, with constants)
- Starting exercises with Right and Left hand
- Maintaining relaxed technique at faster tempos

1 accent forward C, S, I, P ♩ = 60 - 140

♩ = 100 - 130 I, P

2 accents

♩ = 90 - 130 SF, P

1 accent backwards

2 accents backwards

♩ = 100 - 130 I, P

Triplet Accent

$\text{♩} = 100 - 160$ S, 1, P

accent

33

36

$\text{♩} = 90 - 130$ P

2 accents

41

44

$\text{♩} = 100 - 160$ 1, P

accent backwards

49

52

$\text{♩} = 90 - 130$ P

accents backwards

57

60

- Initiation from wrist
- Smooth, uninterrupted, and rebounded stroke
- Second note same quality and sound to the first note
- Consistently playing in time at slower and faster tempos while marking time/moving feet to the metronome
- Maintain relaxed technique at faster tempos

GROUP 10

EX PG 5

LD C = CADETS

S = SLAM

I = IMPACT

P = PURSUIT

Double Beat/Triple Beat



A/B $\text{♩} = 100-140$ C, S, I, P

1
A 
5
B 



TRIPLET PARTIALS S, I, P

9 
13 



TRIPLE #1 $\text{♩} = 100$, P

16 
20 



TRIPLE #2 $\text{♩} = 120$, P

22 
26 

TRIPLE #3 $\text{♩} = 120$ P

30 
34 

TRIPLE #4 P $\text{♩} = 120$

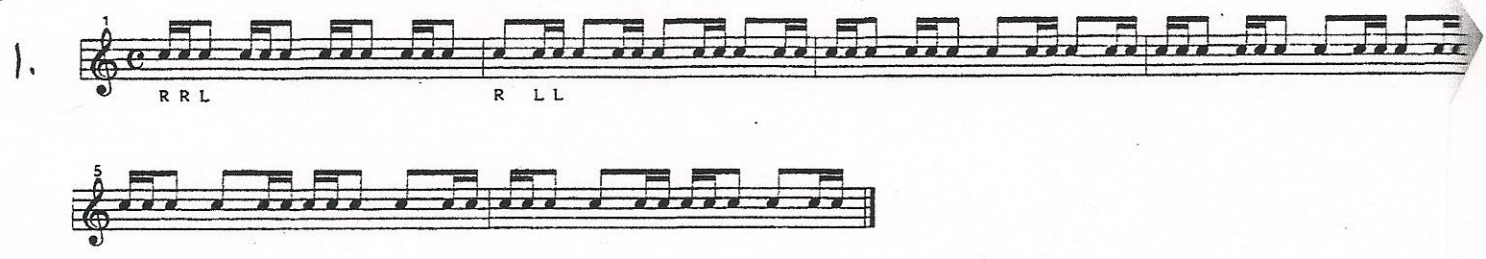
38 
42 

Roll Exercise/ Triplet and 16th

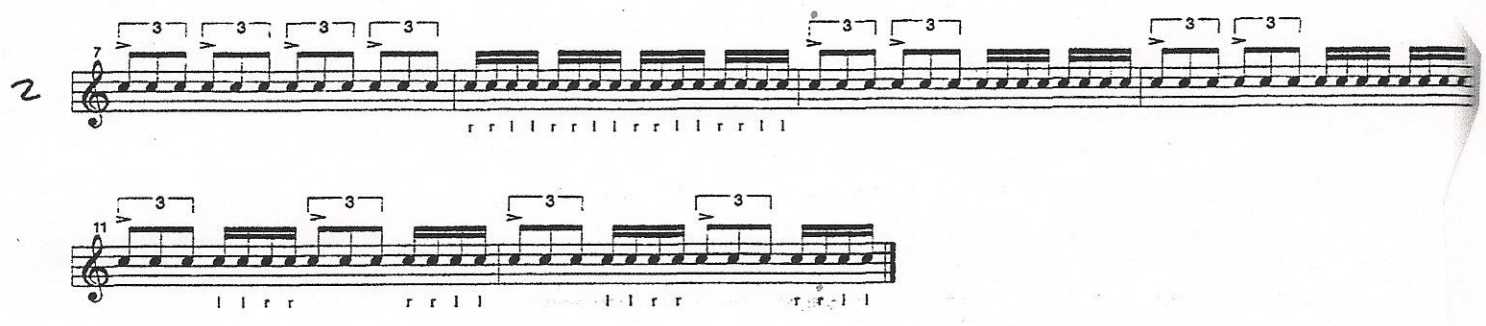
- Consistent, even sound from base notes (16th and triplets) while incorporating doubles and diddles
- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Initiation from wrist
- Smooth, uninterrupted, and rebounded stroke
- Playing at variety of dynamics and heights

ROLL EX Pg 1

$\text{♩} = 80-200$ C S I P

1. 

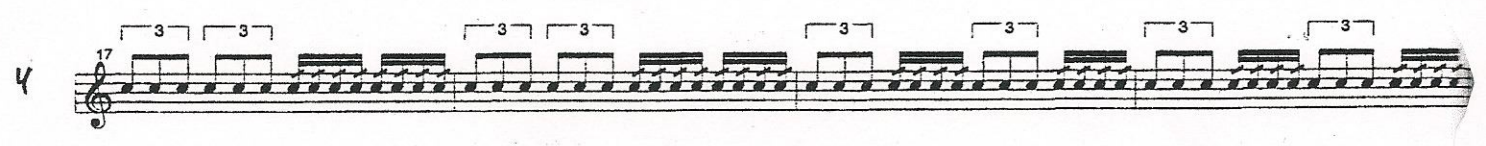
$\text{♩} = 90-190$ I, P

2. 

$\text{♩} = 80-130$ I, P

3. 

$\text{♩} = 90-140$ I, P

4. 

$\text{♩} = 60-140$ C, S, I, P

5. 

ROU EX PG 2

16th diddles $\downarrow = 80-132$

6 

5 

9 

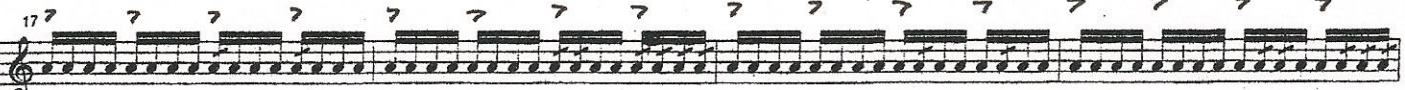
$\downarrow = 80-132$

5 str. roll breakdown

7 


$\downarrow = 70-132$

2 count diddle ex. w/ ACCENTS

8 

$\downarrow = 100-200$

Triplet diddles

9 

$\downarrow = 100-200$

Pat's

10 

$\downarrow = 100-180$

2 height triplet rolls

11 