Check Patterns/Timing (16th and Triplet)

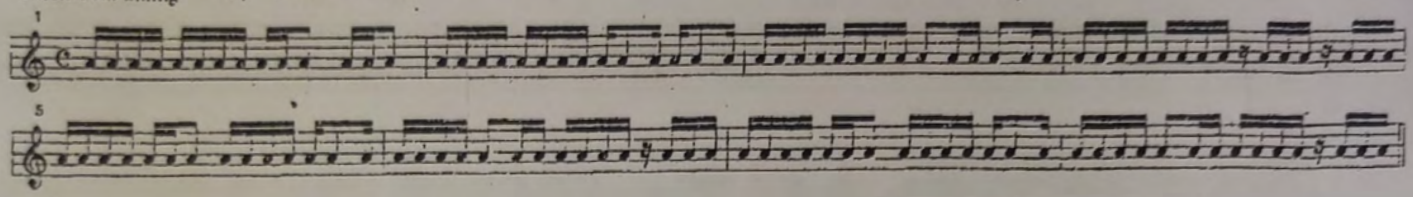
- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Playing variations of the original exercise (i.e. backward 1-2-4, last pattern first)
- Starting exercises with Right and Left hand
- Smooth, uninterrupted, and rebounded stroke
- Playing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

Natural Sticking Throughout

Timing

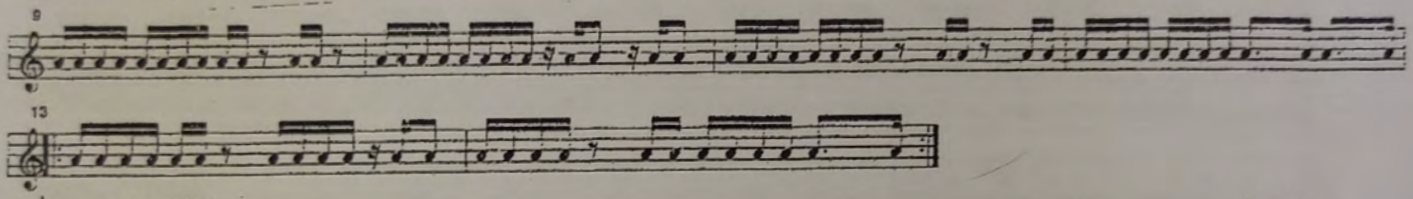
♩= 100 - 140 BST 140

3 note 16th timing w/ CHECK 2's + 1's C, S, I, P



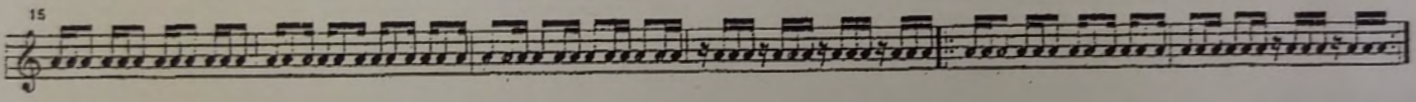
♩= 100 - 140

2 note 16th timing w/ CHECK 2's + 1's S, I, P BST 140



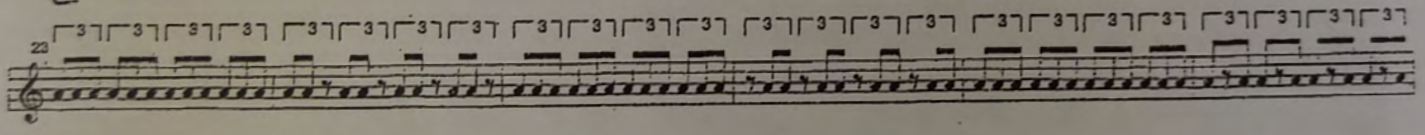
♩= 100 - 140

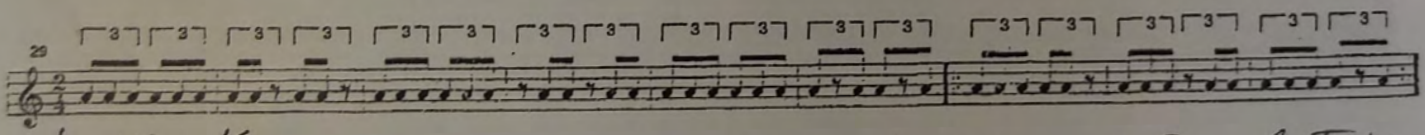
3 NOTE 16th TIMING w/o CHECK 421 C, S, I, P BST 140



♩. = 100 - 160

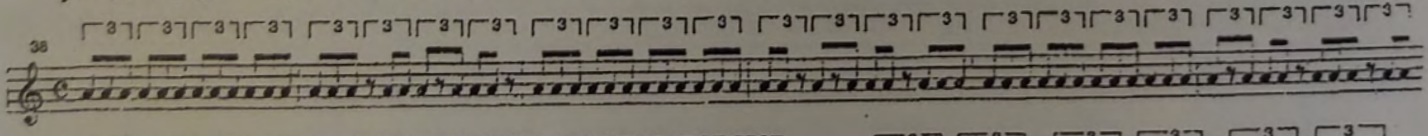
2 NOTE TRIPLET PARTIALS w/ CHECK 421 I, P BST 160

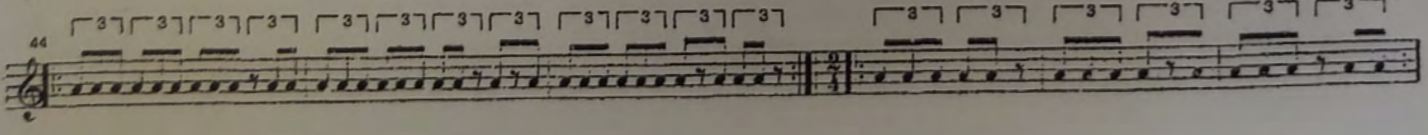




♩. = 100 - 160

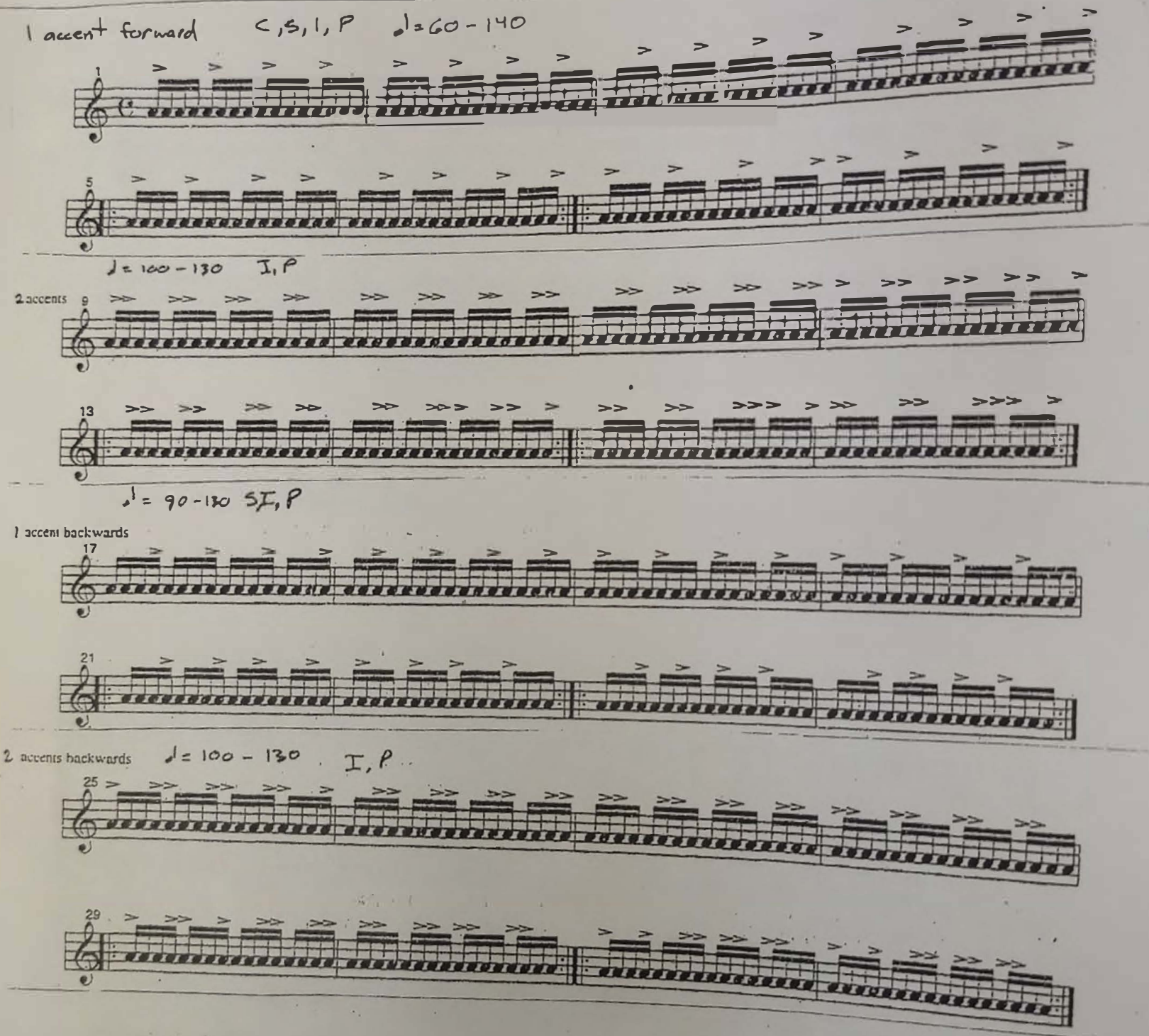
3 NOTE TRIPLET PARTIALS w/ CHECK 421 I, P BST 160





Grid/ 4-2-1 16th and Triplet

- 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

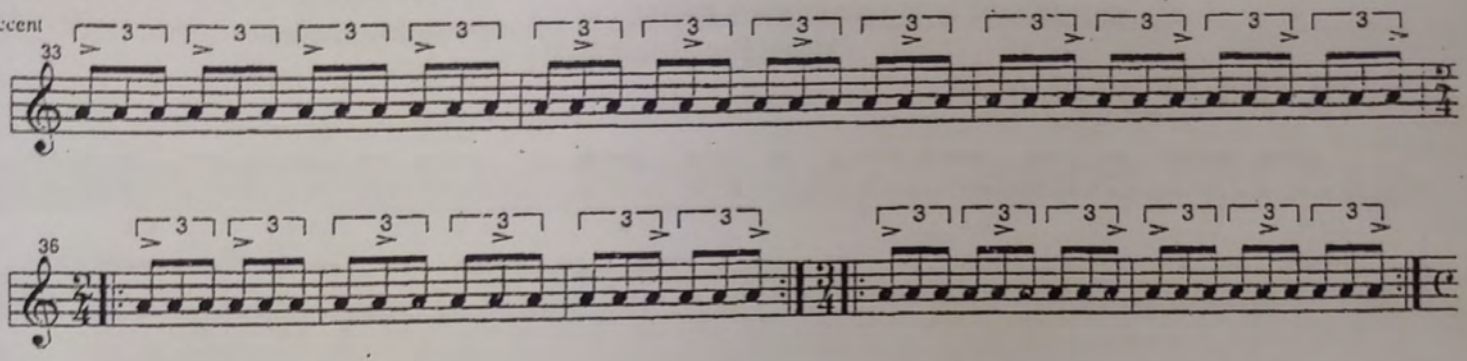


EX
P64

Triplet Accent

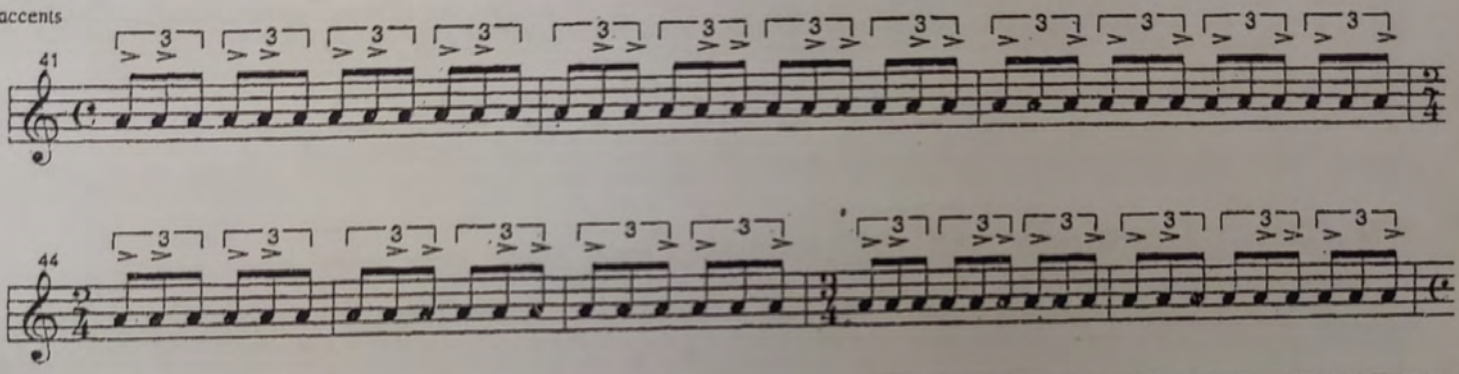
♩. = 100 - 160 S, I, P

accent



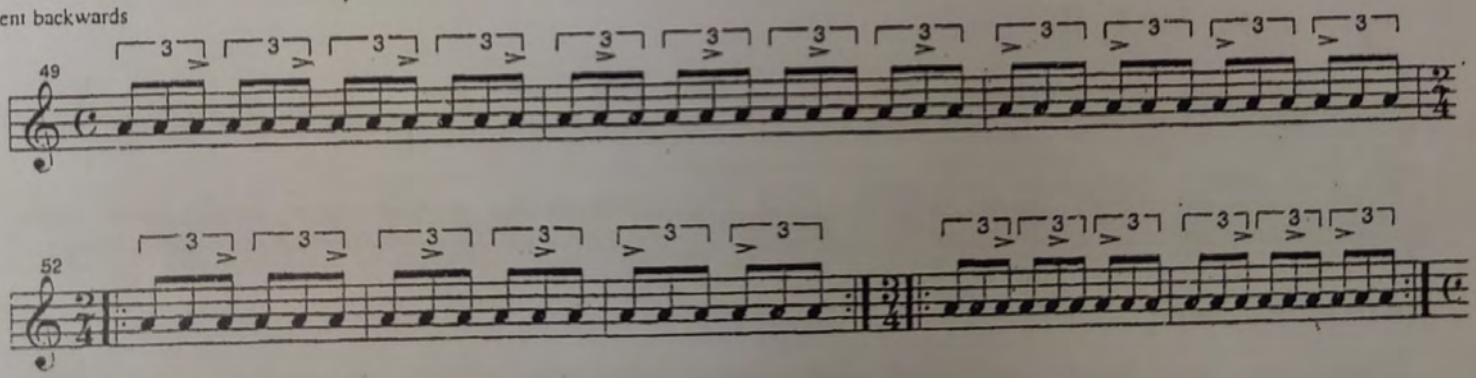
♩. = 90 - 130 P

2 accents



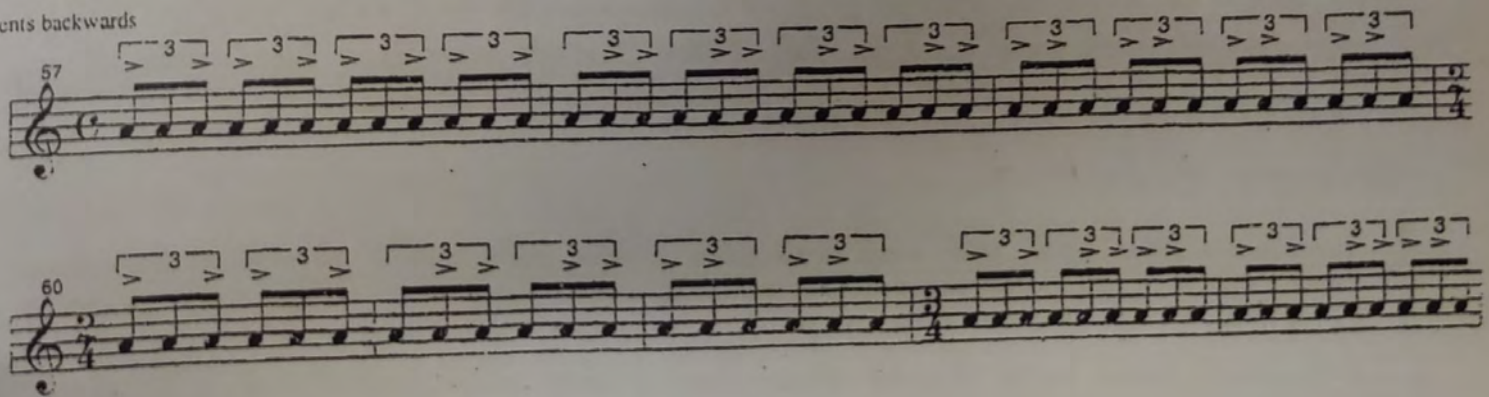
♩. = 100 - 160 I, P

accent backwards



♩. = 90 - 130 P

cents backwards



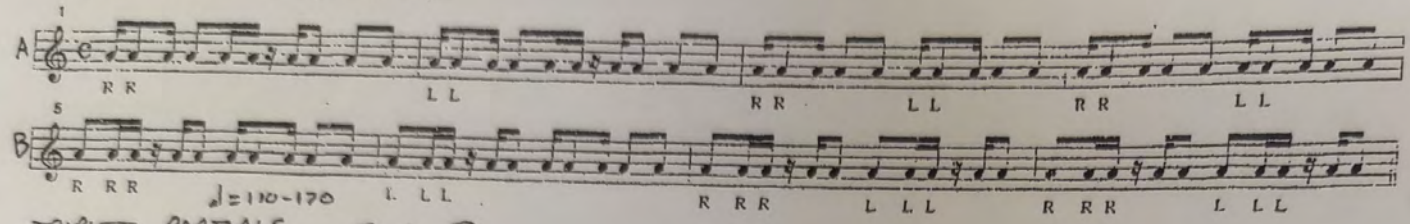
- Initiation from wrist
- Smooth, uninterrupted, and rebounded stroke
- Second note same quality and sound to the first note
- Consistently playing in time at slower and faster tempos while marking time/moving feet to the metronome
- Maintain relaxed technique at faster tempos

GROUP ID
LD C = CADETS
S = SLAM
I = IMPACT
P = PURSUIT

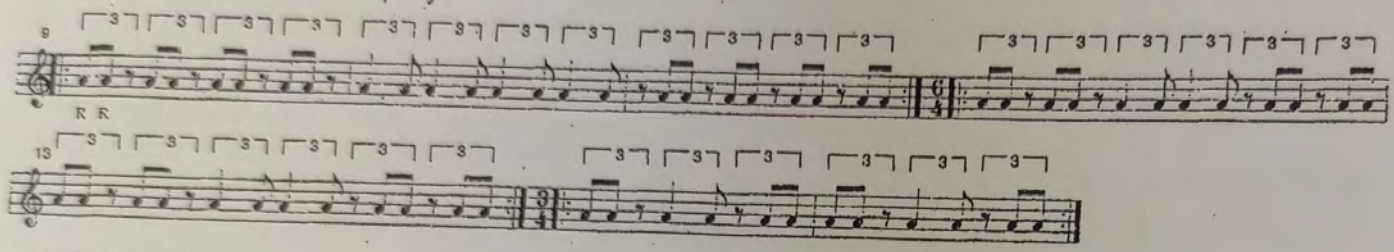
EX PG 5

Double Beat/Triple Beat

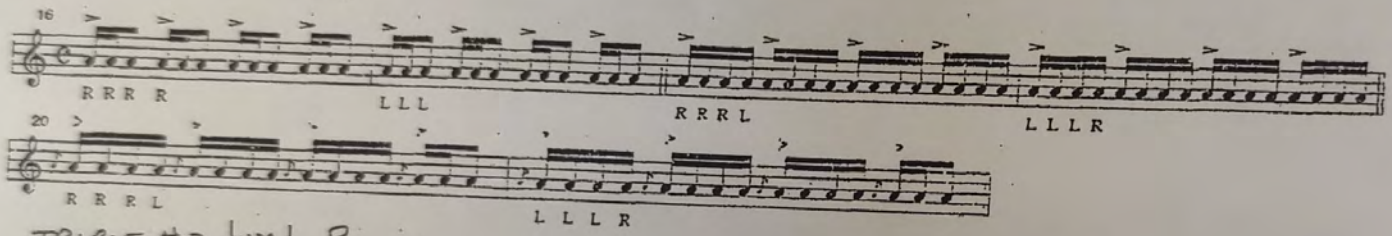
A/B ♩=100-140 C, S, I, P



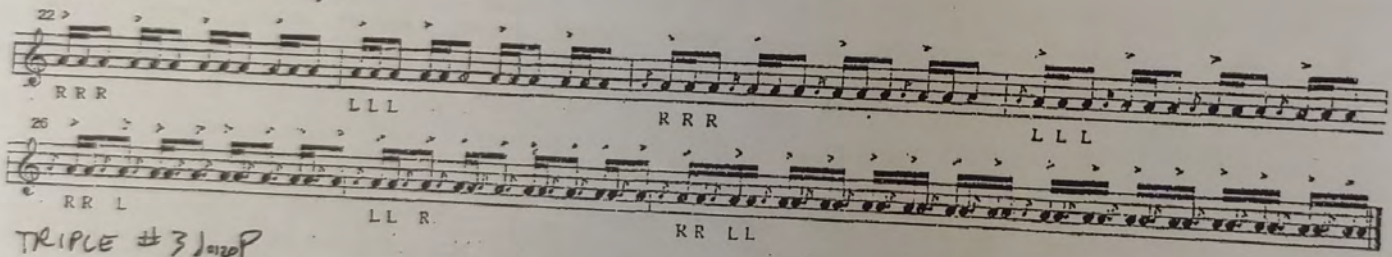
TRIPLET PARTIALS S, I, P



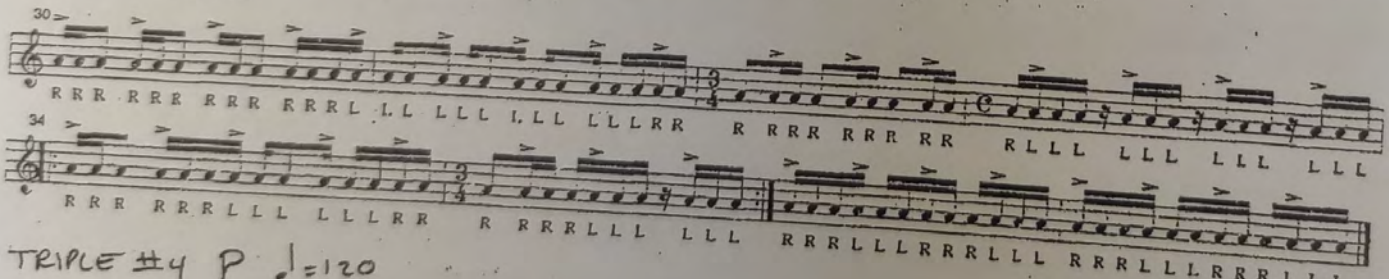
TRIPLE #1 ♩=120 I, P



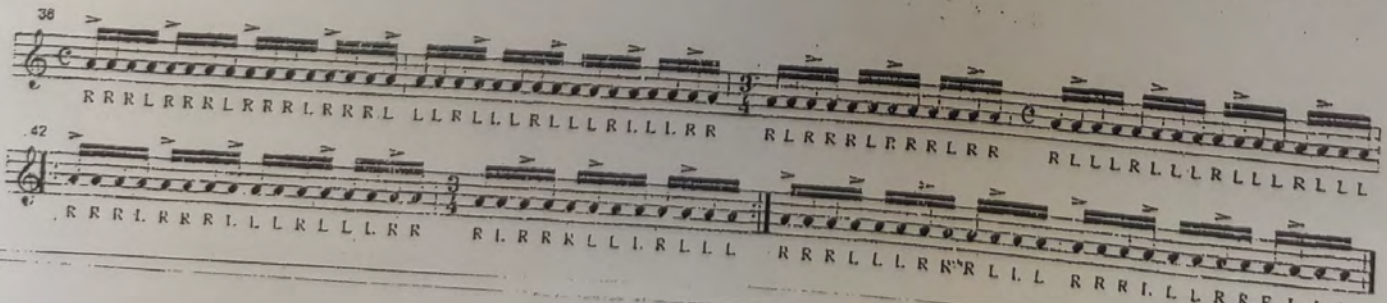
TRIPLE #2 ♩=120 I, P



TRIPLE #3 ♩=120 P



TRIPLE #4 P ♩=120



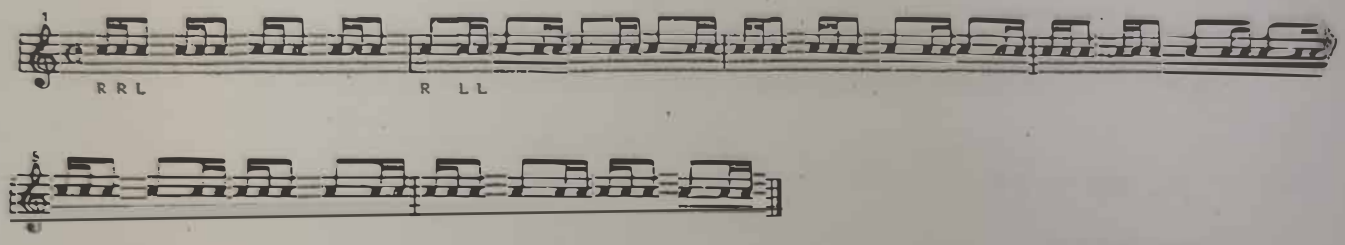
EX
P66

Roll Exercise/ Triplet and 16th

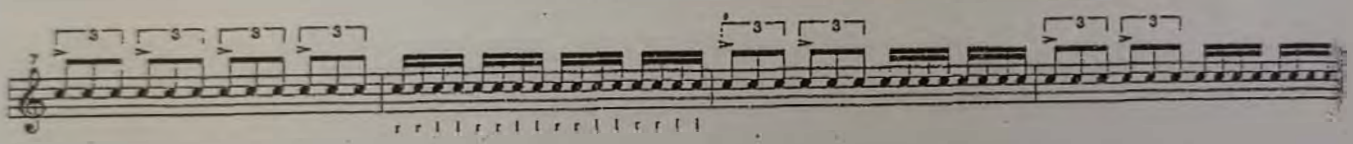
- Consistent, even sound from base notes (16th and triplets) while incorporating doubles and diddles
- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Initiation from wrist
- Smooth, uninterrupted, and rebounded stroke
- Playing at variety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

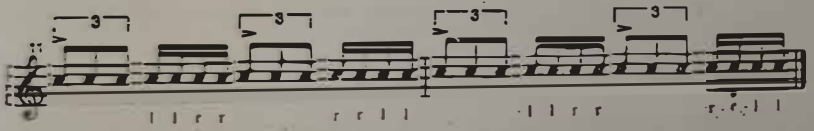
ROLL EX P61

♩= 80-200 C S I P

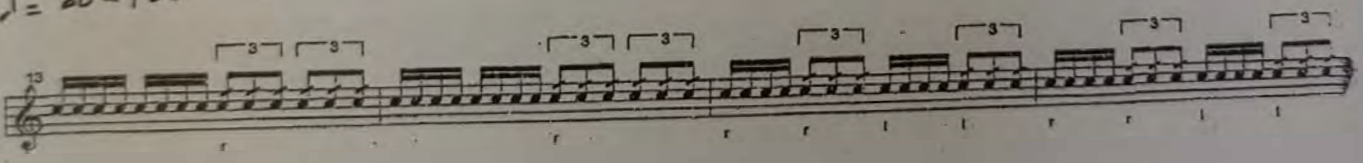
1. 

♩= 90-190 I, P

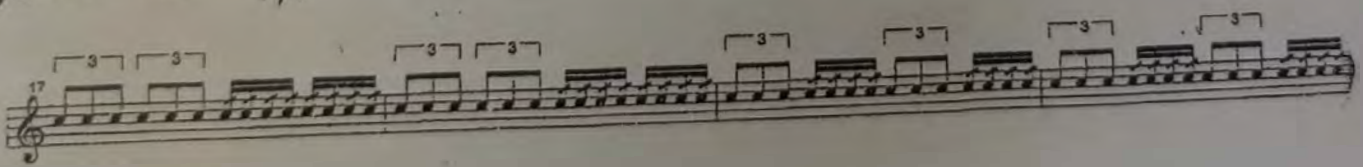
2 



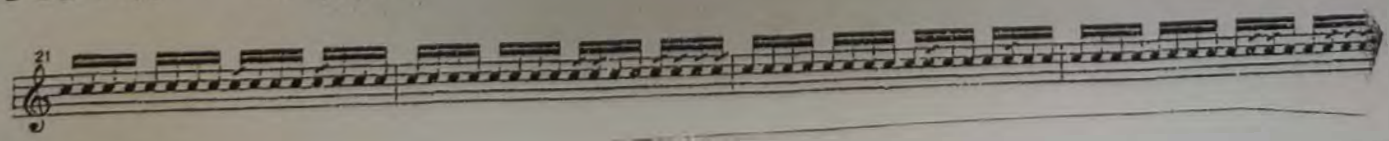
♩= 80-180 I, P

3 

♩= 80-140 I, P

4 

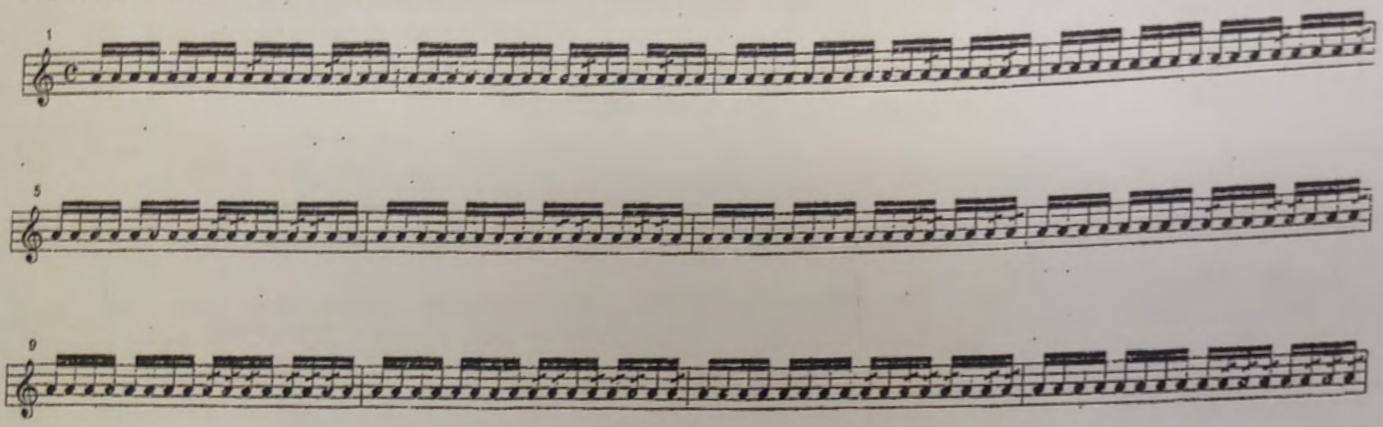
♩= 60-140 C, S, I, P

5 

ROLL EX PG 2

16th diddles ♩= 80-132

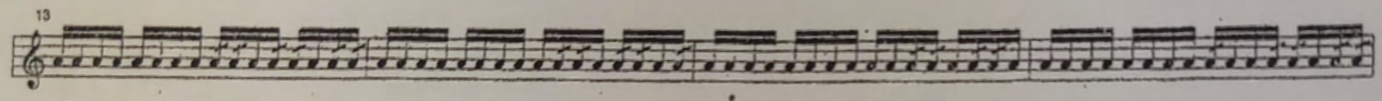
6



♩= 80-132

5 str. roll breakdown

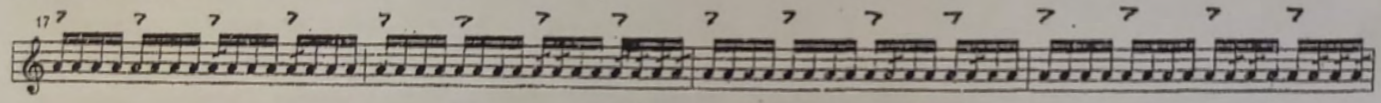
7



♩= 70-132

2 count diddle ex. w/ ACCENTS

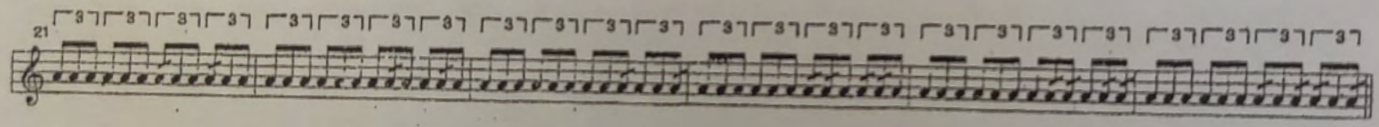
8



♩= 100-200

Triplet diddles

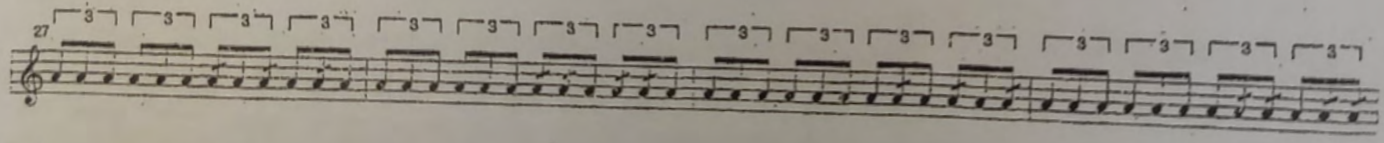
9



♩= 100-200

Pat's

10



♩= 100-180

2 height triplet rolls

11

