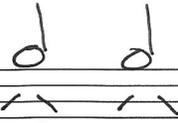
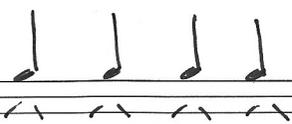


The Student's Workbook

This workbook has been designed by your teacher as the way to advance from a beginning to an intermediate student of your instrument. Each section has been crafted to be the next step in the performance of our instrument based on your teacher's experience as an educator and an artist. The *only* description of each step will come from your individual lessons. Your progress is based on your interaction with the teacher in your lessons: there is no timeline on your advancement through the sections of this workbook. Students should be practicing at home as prescribed by the teacher in the "Welcome" letter from the packet that you've received. After working through all twenty sections of the workbook, students will be given choices on the next step to proceed to an even higher level of performance. Thank you for the opportunity to help you learn a fun and rewarding instrument!

NOTES : THEIR COUNT

<u>NAME</u>	<u>PICTURE</u>	<u>COUNT</u>
WHOLE NOTE		(1 2 3 4)
HALF NOTE		(1 2) (3 4)
QUARTER NOTE		1 2 3 4
EIGHTH NOTE		1 + 2 + 3 + 4 +
SIXTEENTH NOTE		1 e t a 2 e t a 3 e t a 4 e t a

RESTS

WHOLE REST	
HALF REST	
QUARTER REST	
EIGHTH REST	
SIXTEENTH REST	

DAILY WARM UPS

COUNTING EXERCISE

8 ON A HAND

Musical notation for counting exercise. The first staff shows a right hand (R) with notes 1-2, 3-4, 5-6, and 7-8. The second staff shows a left hand (L) with notes 1-2, 3-4, 5-6, and 7-8. The notation is in 4/4 time and includes a repeat sign at the end.

*NEXT TRY 8 TO 1 OR 1 TO 8 OR 8 TO 1 TO 8 *

SLOW TO FAST TO SLOW HAND PATTERNS

SINGLE STROKE - R L R L

DOUBLE STROKE - R R L L

PARADIDDLE - R L R R L R L L

BZZ STROKE (CLOSED ROLL) - BZZES R L R L

FLAM (♩) - FLAMMED R L R L

HAND PATTERNS

* REPEAT EACH EXERCISE *

#1

Musical notation for exercise #1, 4/4 time signature. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The exercise is written in a 4/4 time signature. The notation shows four measures of music, each containing a group of four notes (quarter notes) beamed together. The notes are: R, L, R, L. The first measure is R L R L, the second is R L R L, the third is R L R L, and the fourth is R L R L. The exercise ends with a double bar line and repeat dots.

#2

Musical notation for exercise #2, 4/4 time signature. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The exercise is written in a 4/4 time signature. The notation shows four measures of music, each containing a group of four notes (quarter notes) beamed together. The notes are: L, R, L, R. The first measure is L R L R, the second is L R L R, the third is L R L R, and the fourth is L R L R. The exercise ends with a double bar line and repeat dots.

#3

Musical notation for exercise #3, 4/4 time signature. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The exercise is written in a 4/4 time signature. The notation shows four measures of music, each containing a group of four notes (quarter notes) beamed together. The notes are: R, R, L, L. The first measure is R R L L, the second is R R L L, the third is R R L L, and the fourth is R R L L. The exercise ends with a double bar line and repeat dots.

#4

Musical notation for exercise #4, 4/4 time signature. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The exercise is written in a 4/4 time signature. The notation shows four measures of music, each containing a group of four notes (quarter notes) beamed together. The notes are: L, L, R, R. The first measure is L L R R, the second is L L R R, the third is L L R R, and the fourth is L L R R. The exercise ends with a double bar line and repeat dots.

#5

Musical notation for exercise #5, 4/4 time signature. The notation consists of a single staff with a treble clef and a key signature of one sharp (F#). The exercise is written in a 4/4 time signature. The notation shows four measures of music, each containing a group of four notes (quarter notes) beamed together. The notes are: R, L, R, R. The first measure is R L R R, the second is R L R R, the third is R L R R, and the fourth is R L R R. The exercise ends with a double bar line and repeat dots.

QUARTER NOTES AND RESTS

* REPEAT EACH EXERCISE *

#1

1 2 3 4 | 1 2 3 4

#2

1 2 3 4 | 1 2 3 4

#3

1 2 3 4 | 1 2 3 4

#4

1 2 3 4 | 1 2 3 4

#5

1 2 3 4 | 1 2 3 4

#6

1 2 3 4 | 1 2 3 4

#7

1 2 3 4 | 1 2 3 4

#8

1 2 3 4 | 1 2 3 4

#9

1 2 3 4 | 1 2 3 4

#10

1 2 3 4 | 1 2 3 4

#11

1 2 3 4 | 1 2 3 4

#12

1 2 3 4 | 1 2 3 4

COORDINATION

* REPEAT FOUR TIMES *

HANDS
FOOT

BASIC BEATS

* REPEAT FOUR TIMES *

QUARTER NOTE ROCK

Cymbal
Snare
Bass

1 2 1 2

UPBEAT ROCK

FOOT R L R FOOT R L R

7 X X X 7 X X X

EIGHTH NOTE ROCK

1 2 3 4 1 2 3 4

X X X X X X X X X X X X X X X X

SIXTEENTH NOTE ROCK

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

X X