

Set a metronome for the desired tempo, two clicks per beat.

If your metronome cannot subdivide, set it for 2x the tempo.

Work through each exercise until you can perform it 3-4x through without mistakes.

1 & 2 & 1 na nee 2 na nee 1 & 2 & 1 na nee 2 na nee

1 & 2 & 1 na nee 2 na nee 1 & 2 & 1 na nee 2 na nee

1 e & a 2 e & a 1 na nee 2 na nee 1 e & a 2 e & a 1 na nee 2 na nee

1 na nee 2 na nee 1 & 2 & 1 na nee 2 na nee 1 & 2 &

1 na nee 2 na nee 1 & 2 & 1 na nee 2 na nee 1 & 2 &

Major Issues:

- Shifting from slower to faster rhythms:** make sure the second stroke of the new rhythm comes in fast enough. Otherwise, you will probably drag behind the tempo.
- Shifting from faster to slower rhythms:** make sure the second stroke of the new rhythm doesn't come in too soon. Otherwise, you will get ahead of the tempo.
- Keep each rhythm even throughout.** Use the 2nd click (the "&" of the beat) to keep track of the internal rhythm.
 - Quarter Notes: "&" marks the full rest between strokes
 - Eighth Notes: each stroke matches a click
 - Sixteenth Notes: the beginning of each double matches a click
 - 32nd Notes: the right hand (or lead hand) matches a click

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