

Exercise 1: Slow to Fast.

Set a metronome for 60bpm, two clicks per beat.

♩ = 60

Exercise 2: 2/4 Skeleton + Ra Simple.

Set a metronome for 60bpm, two clicks per beat.

♩ = 60

Exercise 3a: 6/8 Skeleton + Ra Simple.

Set a metronome for 60bpm, three clicks per beat.

If your metronome cannot subdivide, set it to 3x the tempo (180bpm).

The first right stroke occurs just after the "nee" or 3rd click of the triplet.

♩ = 60

Exercise 3b: 6/8 Skeleton + Ra Simple (off beat).

Set a metronome for 60bpm, three clicks per beat.

If your metronome cannot subdivide, set it to 3x the tempo (180bpm).

♩ = 60