

2-Hand Bones "Rudiments" (Part 1)

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4-2-1 exercise for 4-note groupings

R L L L R L L L R L L L R L L L R R R L R R R L R R R L R R R L

R L L L R L L L R R R L R R R L R L L L R L L L R R R L R R R L

R L L L R R R L R L L L R R R L R L L L R R R L R L L L R R R L

Try changing the subdivision to triplets. This gives you 4-note groupings of triplets.

R L L L R L L L R L L L R R R L R R R L R R R L R R R L

4-2-1 exercise for "herta" rhythms

R R R L R R R L R R R L R R R L R L L L R L L L R L L L R L L L

R R R L R R R L R L L L R L L L R R R L R L L L R R R L R L L L

R R R L R L L L R R R L R L L L R R R L R L L L R R R L R L L L

Try using this idea in a duple subdivision. Try putting the following pattern in 4/4 to create a ♩ hemiola.

R R R L R R R L R R R L R R R L R L L L R L L L R L L L R L L L