



Using a metronome, play each line, moving through without stopping. When you finish the last line, start again at the top. This exercise should be a continuous loop. As you feel comfortable, increase the speed of the metronome.

Exercise 1

1 +
R L

2 +
R L

3 e + a
R L R L

4 e + a
R L R L

1 +
R L

2 +
R L

3 e + a
R R L L

4 e + a
R R L L

Exercise 2

1 e + a
R L R L

2 e + a
R L R L

3 e + a
R R L L

4 e + a
R R L L

1 e + a
R L R L

2 e + a
R L R L

3 e + a
R L R R

4 e + a
L R L L