



Using a metronome, play through each exercise, one at a time, for 60 seconds.

Be sure to focus on the correct sticking and timing for each pattern. As you feel comfortable, increase the speed of the metronome.

## Exercise 1

**1 e + a**  
R L R L

**2**  
(rest)

**3 e + a**  
R L R L

**4**  
(rest)

**1 e + a**  
R L R L

**2 e + a**  
R L R L

**3 e + a**  
R L R L

**4 e + a**  
R L R L

## Exercise 2

**1 e +**  
R L R

**2**  
(rest)

**3 e +**  
R L R

**4**  
(rest)

**1 e +**  
R L R

**2 e +**  
R L R

**3 e +**  
R L R

**4 e +**  
R L R

# Pad Exercises - Rhythmic Blocks (cont'd)



## Exercise 3

<b>1</b>	<b>+</b>	<b>a</b>		<b>2</b>		<b>3</b>	<b>+</b>	<b>a</b>		<b>4</b>	
R	R	L		(rest)		R	R	L		(rest)	

<b>1</b>	<b>+</b>	<b>a</b>		<b>2</b>	<b>+</b>	<b>a</b>		<b>3</b>	<b>+</b>	<b>a</b>		<b>4</b>	<b>+</b>	<b>a</b>	
R	R	L		R	R	L		R	R	L		R	R	L	

## Exercise 4

<b>1</b>	<b>e</b>			<b>2</b>		<b>3</b>	<b>e</b>			<b>4</b>			
R	L			(rest)		R	L			(rest)			

<b>1</b>	<b>e</b>			<b>2</b>	<b>e</b>			<b>3</b>	<b>e</b>			<b>4</b>	<b>e</b>		
R	L			R	L			R	L			R	L		

## Exercise 5

<b>1</b>	<b>e</b>	<b>a</b>		<b>2</b>		<b>3</b>	<b>e</b>	<b>a</b>		<b>4</b>			
R	L	L		(rest)		R	L	L		(rest)			

<b>1</b>	<b>e</b>	<b>a</b>		<b>2</b>	<b>e</b>	<b>a</b>		<b>3</b>	<b>e</b>	<b>a</b>		<b>4</b>	<b>e</b>	<b>a</b>	
R	L	L		R	L	L		R	L	L		R	L	L	