



Practice playing the combinations below to become more familiar with them. Play each exercise for 60 seconds. For best results, play along with a metronome.

Exercise 1

1	trip	let	2	3	trip	let	4
R	L	R	<i>(rest)</i>	R	L	R	<i>(rest)</i>

Exercise 2

1	trip	let	2	3	4
R	L	R	L	R	L

Exercise 3

1	2	3	trip	let	4	trip	let
R	L	R	L	R	L	R	L

Exercise 4

1	trip	let	2	3	trip	let	4
R	L	R	L	R	L	R	L



Exercise 5

1 trip let
R L R

2 trip let
L R L

3
R

4
L

Exercise 6

1 trip let
> R L R

2 trip let
> L R L

3 trip let
> R L R

4 trip let
> L R L

Exercise 7

1 trip let
> R L L

2 trip let
> R L L

3 trip let
> R L L

4 trip let
> R L L

1 trip let
R R > L

2 trip let
R R > L

3 trip let
R R > L

4 trip let
R R > L