



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
R L R

2
(rest)

3 trip let
R L R

4
(rest)

Exercise 2

1
R

2
L

3 trip let
R L R

4 trip let
L R L

Exercise 3

1 trip let
R L R

2
L

3 trip let
R L R

4
L

Exercise 4

1 trip let
R L R

2 trip let
L R L

3 trip let
R L R

4 trip let
L R L