

# Reading Rhythms 1

## Quarter, Half & Whole Notes

Play with a metronome.  
Play each exercise twice using the stickings shown under each exercise.

### Quarter Notes

1) 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Sticking 1: R L R L R L R L R L R L R L R L

Sticking 2: L R L R L R L R L R L R L R L R

### Half Notes

2) 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

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

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

### Whole Notes

3) 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

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

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

4) 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

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

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

5) 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

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

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

6) 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

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

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

7) 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

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

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

## 8 Bar Exercise

Start with either R or L. Alternate hands throughout.

♩ = 60 - 200

Play with a metronome.

Play each exercise twice using the stickings shown under each exercise.

### Eighth Notes

1) 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Sticking 1: R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L  
 Sticking 2: L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R

2) 1 & 2 & 3 4 1 & 2 & 3 4 1 & 2 & 3 4 1 & 2 & 3 4

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

3) 1 2 & 3 & 4 1 2 & 3 & 4 1 2 & 3 & 4 1 2 & 3 & 4

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

4) 1 2 3 & 4 & 1 2 3 & 4 & 1 2 3 & 4 & 1 2 3 & 4 &

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

5) 1 2 3 4 & 1 2 3 4 & 1 2 3 4 & 1 2 3 4 &

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

6) 1 2 3 & 4 1 2 3 & 4 1 2 3 & 4 1 2 3 & 4

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

7) 1 2 & 3 4 1 2 & 3 4 1 2 & 3 4 1 2 & 3 4

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

### 8 Bar Exercise

Start with either R or L. Alternate hands throughout.

♩ = 60 - 200

Play with a metronome.

Play each exercise twice using the stickings shown under each exercise.

### Quarter Note

1) 1 2 3 <sup>Rest</sup> 4    1 2 3 4    1 2 3 4    1 2 3 4

Sticking 1: R L R L R L R L R L R L R L R L  
 Sticking 2: L R L R L R L R L R L R L R L R

2) 1 2 3 4    1 2 3 4    1 2 3 4    1 2 3 4

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

3) 1 2 3 4    1 2 3 4    1 2 3 4    1 2 3 4

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

4) 1 & 2 & 3 4    1 & 2 & 3 4    1 & 2 & 3 4    1 & 2 & 3 4

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

5) 1 2 3 & 4 &    1 2 3 & 4 &    1 2 3 & 4 &    1 2 3 & 4 &

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

6) 1 & 2 3 4    1 & 2 3 4    1 & 2 3 4    1 & 2 3 4

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

7) 1 2 & 3 4 &    1 2 & 3 4 &    1 2 & 3 4 &    1 2 & 3 4 &

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

### 8 Bar Exercise

Start with either R or L. Alternate hands throughout.

# Reading Rhythms 4

## Quarters, Eighths & Eighth Note Rests

♩ = 60 - 200

Play with a metronome.

Play each exercise twice using the stickings shown under each exercise.

### Eighth Note Rest

1) 1 2 3 4 & 1 2 3 4 & 1 2 3 4 & 1 2 3 4 &

Sticking 1: R L R L R L R L R L R L R L R L  
Sticking 2: L R L R L R L R L R L R L R L R

2) 1 2 3 & 4 1 2 3 & 4 1 2 3 & 4 1 2 3 & 4

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

3) 1 2 & 3 4 1 2 & 3 4 1 2 & 3 4 1 2 & 3 4

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

4) 1 & 2 3 4 1 & 2 3 4 1 & 2 3 4 1 & 2 3 4

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

5) 1 2 & 3 4 & 1 2 & 3 4 & 1 2 & 3 4 & 1 2 & 3 4 &

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

6) 1 & 2 3 & 4 1 & 2 3 & 4 1 & 2 3 & 4 1 & 2 3 & 4

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

7) 1 & 2 & 3 4 1 & 2 & 3 4 1 & 2 & 3 4 1 & 2 & 3 4

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

### 8 Bar Exercise - Start with either R or L. Alternate hands throughout.

# Reading Rhythms 5

## Eighth Notes & Eighth Note Rests

♩ = 60 - 200

Play with a metronome.

Play each exercise twice using the stickings shown under each exercise.

1) 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Sticking 1: R L R L R L R L R L R L R L R L R L  
Sticking 2: L R L R L R L R L R L R L R L R L R

2) 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

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

3) 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

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

4) 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

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

5) 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

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

6) 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

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

7) 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

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

### 8 Bar Exercise

Start with either R or L. Alternate hands throughout.