

♩ = 60 - 200

Play with a metronome.

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

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

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 e & a 2 e & 3 e & a 4 e & 1 e & a 2 e & 3 e & a 4 e &

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 e & 2 e & 3 e & a 4 e & a 1 e & 2 e & 3 e & a 4 e & a

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 & a 2 & a 3 & a 4 & a 1 & a 2 & a 3 & a 4 & a

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 e & a 2 & a 3 e & a 4 & a 1 e & a 2 & a 3 e & a 4 & a

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 & a 2 & a 3 e & a 4 e & a 1 & a 2 & a 3 e & a 4 e & a

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 & a 2 e & 3 e & 4 & a 1 & a 2 e & 3 e & 4 & a

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.

♩ = 60 - 200

Play with a metronome.

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

1) 1 e & a 2 3 e & a 4 1 e & a 2 3 e & a 4

Sticking 1: 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

2) 1 e & a 2 & 3 e & a 4 & 1 e & a 2 & 3 e & a 4 &

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

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

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 e 2 e 3 e & 4 & a 1 e 2 e 3 e & 4 & a

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 & a 2 e & 3 & a 4 e & 1 & a 2 e & 3 & a 4 e &

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

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

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

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

R L R L R L R L R L R L
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 9

Dotted Half and Quarter Notes

♩ = 60 - 200

Play with a metronome.

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

Dotted Half Notes				Rhythmic Equivalent											
1) 1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Sticking 1: R				L				R				L			
Sticking 2: L				R				L				R			

Dotted Quarter Notes				Rhythmic Equivalent															
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			
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		L		R		L		R L		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			

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							

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

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

Reading Rhythms 10

Sixteenths, Eighths & Dotted Quarters

♩ = 60 - 200

Play with a metronome.

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

1) 1 2 & a 3 e & a 4 & 1 2 & a 3 e & a 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 & a 4 e & a 1 & 2 3 & a 4 e & a

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 e & a 2 & 3 4 & a 1 e & a 2 & 3 4 & a

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 & a 3 4 & a 1 2 & a 3 4 & a

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 e & a 2 e & a 3 4 & 1 e & a 2 e & a 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 e & a 1 2 & 3 4 e & a

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 e & a 2 3 & 4 e & a 1 e & a 2 3 & 4 e & a

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.