

Bass Drum Workout

K = with heel slightly raised, *drop* foot from the knee
 B = with heel slightly raised, *bounce* from ball of foot on pedal

PART I

1. 2.

3. 4. 5.

PART II

FIRST: Develop each exercise individually

SECOND: Append with the following measure to create a bar of 4/4:

THIRD: combine a + b; b + c; c + d; d + a; a + c and b + d

1a. 1b. 1c. 1d.

2a. 2b. 2c. 2d.

3a. 3b. 3c. 3d.

PART III

15 numbered exercises of drum notation. Exercises 1-13 are in 2/4 time, and exercises 14-15 are in 3/4 time. Each exercise consists of a single staff with a key signature of one flat and a double bar line at the end. Exercises 1-5: 1. x x x x; 2. x x x x; 3. x x x x; 4. x x x x; 5. x x x x. Exercises 6-10: 6. x x x x; 7. x x x x; 8. x x x x; 9. x x x x; 10. x x x x. Exercises 11-13: 11. x x x x; 12. x x x x; 13. x x x x. Exercises 14-15: 14. x x x x; 15. x x x x.