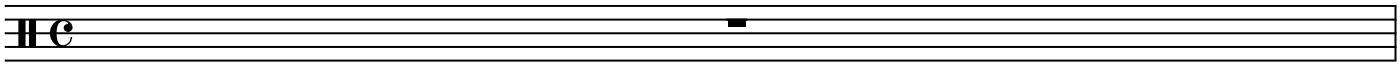
Keith's Warm-Ups

***Triplets** **04/07**

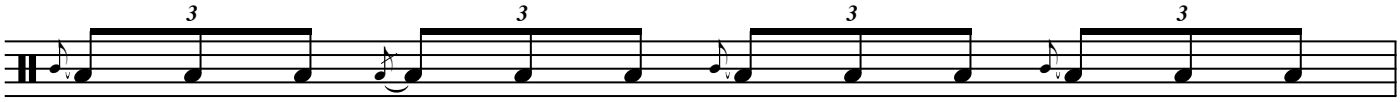
1) 40 Triplets in Right Hand--Repeat on Left Hand-
Metronome ticks on the last triplet partial (not ON the beat!)
2) Alternating Triplets (RLRLRL) 80x's
Metronome now ON beats 2 & 4
***Qrt=66-132 (move up by 2's each time)**

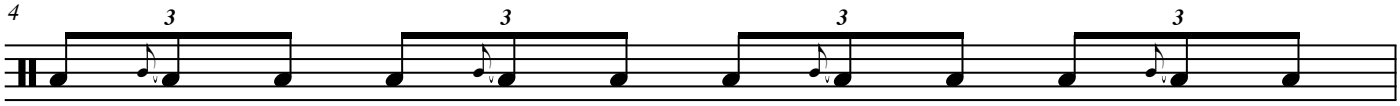
***Alan Dawson's Rudimental Ritual -Qrt=152 or faster through page 8 Paradiddle-diddles**

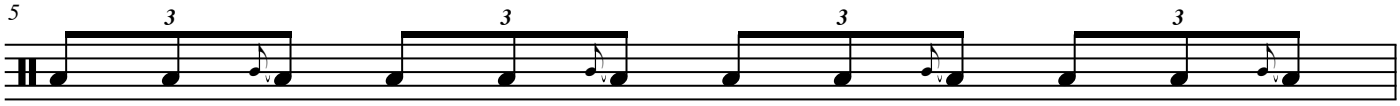


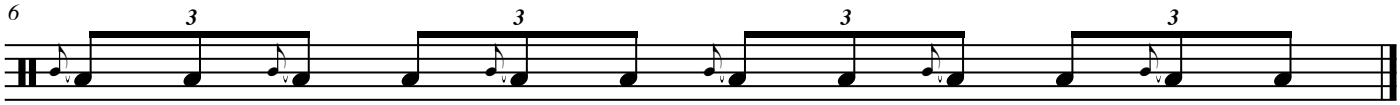
***Charley Wilcoxon-"Modern Rudimental Swing Solos for the Advanced Drummer"**
3 Camps -Paradiddles-half note=84, 92
-Ratamacue-qtr note=100-126
-Rolls-half note=72-80

***Tony Flam Accents Qrt=126, 80, 138, 88, 152, 96, 168**

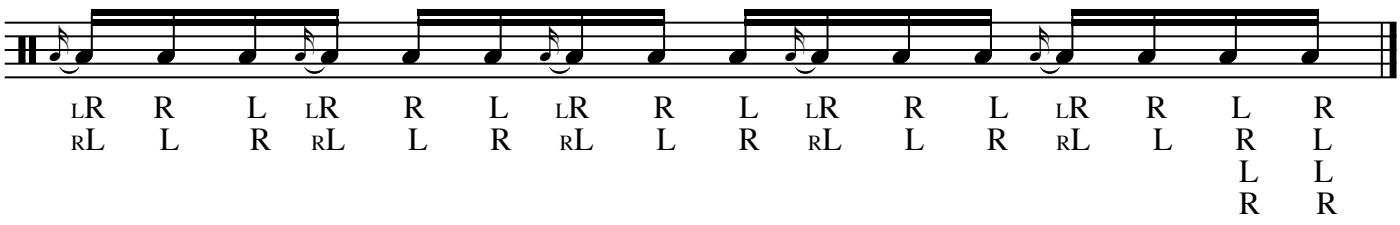


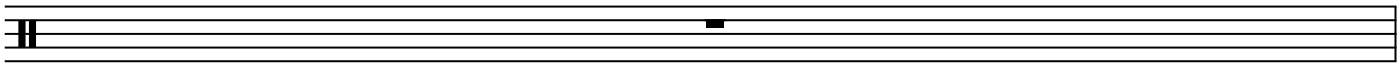




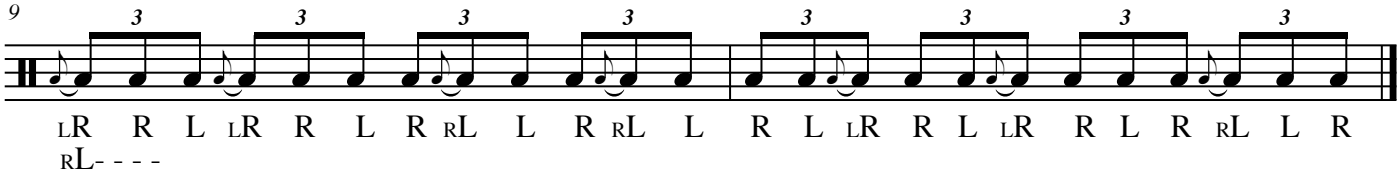


***Swiss Triplets 16ths**

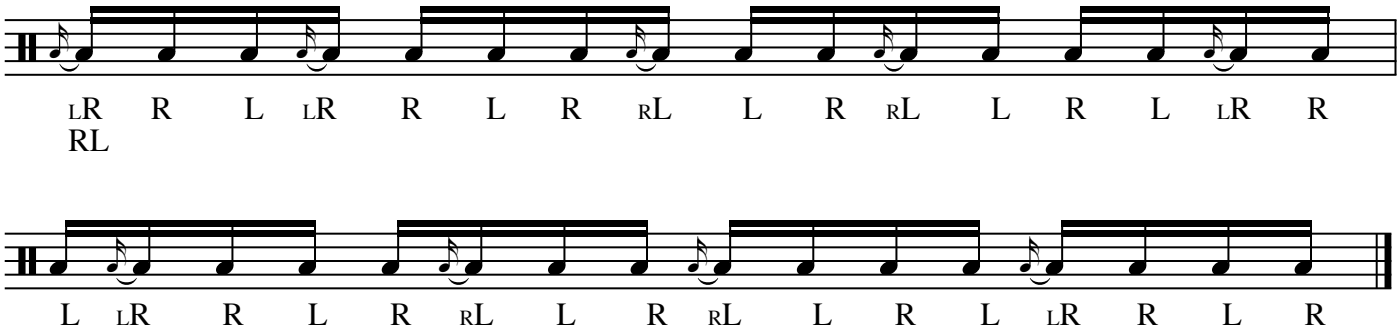




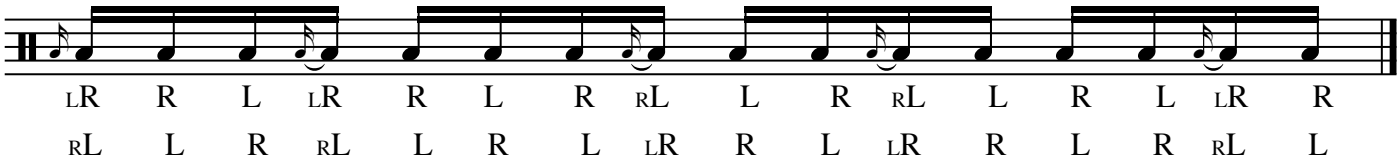
Swiss Triplet 7's-Alternating



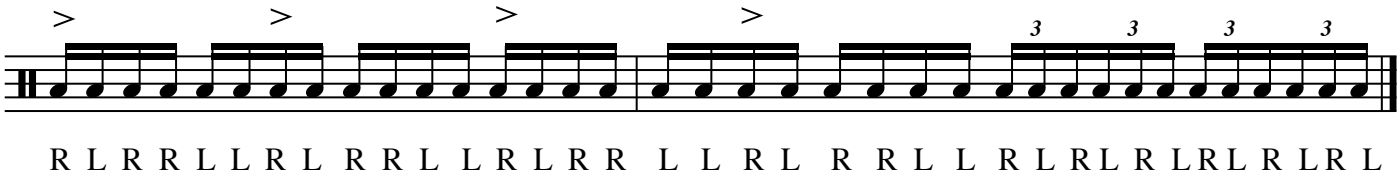
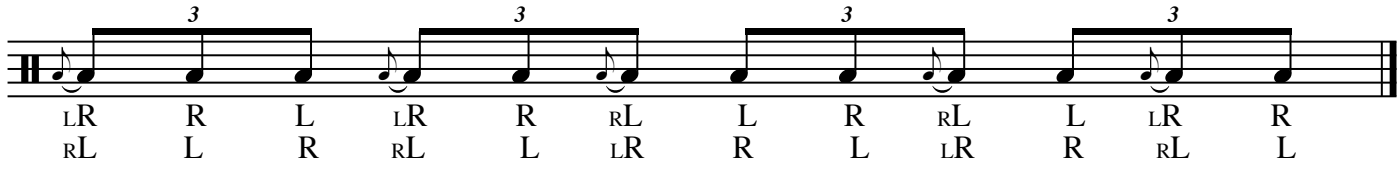
Swiss 16ths in 7-(8 beats)



More...(4 beats)



Paradiddle-diddle Chop Buster



Swiss Triplets in 5 (4 Beats)