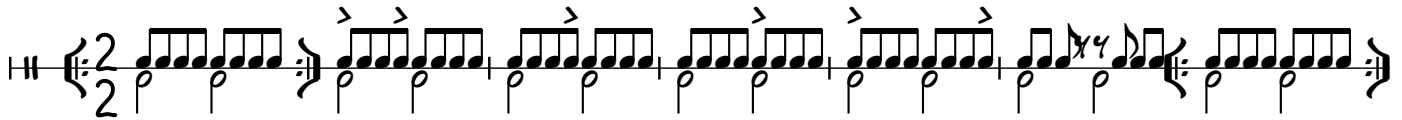


ACCENTED PHONE BOOK

MATT SHARROCK



FOR THIS EXERCISE, OPEN A PHONE BOOK ON YOUR MUSIC STAND. SET A METRONOME TO A COMFORTABLE SPEED AND TAP YOUR FOOT WITH THE BEAT. BEGIN PLAYING UNACCENTED EIGHTH NOTES WITH YOUR FOOT TAP. NOW, PICK A NUMBER FROM THE PHONE BOOK. WHILE MAINTAINING A STEADY TEMPO, USE ACCENTS TO DIVIDE THE CONSTANT EIGHTH NOTES INTO GROUPS REPRESENTED BY THE PHONE NUMBER. 0'S WILL BE REPRESENTED BY QUARTER RESTS. THE ABOVE IS AN EXAMPLE OF THE NUMBER 389-4740. DO NOT MOVE ON TO A NEW NUMBER UNTIL YOU FEEL COMFORTABLE AND GROOVY WHILE STAYING PERFECTLY WITH THE METRONOME.

LEGATO ROLLS

KEITH ALEO/MATT SHARROCK

$\text{♩} = 80-90$

4

7

10

13

16

THIS EXERCISE WAS INSPIRED BY KEITH ALEO'S "ODD-GROUPINGS SNARE DRUM EXERCISES." THROUGHOUT THE EXERCISE, KEEP THE ROLLS AS SMOOTH AS POSSIBLE. THEY SHOULD NOT STICK OUT OR BE ACCENTED COMPARED TO THE NON-ROLLED NOTES. VARY DYNAMICS THROUGHOUT.

PIANISSIMO FULCRUM BUILDER

MATT SHARROCK AFTER JACQUES DELECLUSE

$\text{♩} = 40$
SEMPRE PIANISSIMO

5
9
12
16

THIS EXERCISE WAS INSPIRED BY JACQUES DELECLUSE'S SNARE DRUM METHOD. SINCE IT TAKES FULCRUM STRENGTH TO PLAY PIANISSIMO, THIS EXERCISE WILL HELP BUILD THE MUSCLES IN YOUR FULCRUM. SET THE METRONOME TO EIGHTH NOTES. PLAY PRECISELY WITH THE METRONOME.