

Groove Inc

# Exercise Guidelines

***Legatos/One Height/ 8s/16s***

- Initiation from the wrist
- Smooth, uninterrupted, and rebounded stroke
- Consistent sound from hand to hand
- Playing at variety of dynamics and heights
- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome

***Two Height/ Accent Tap***

- Initiation from the wrist
- Stroke should remain similar to the basic legato stroke; rebounding every note
- Consistent sound from hand to hand
- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Maintaining relaxed technique at faster tempos

***Grid/ 4-2-1 16th and Triplet***

- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Consistent, even sound from base notes (16<sup>th</sup> and triplets) while incorporating accents
- Able to play variations of the original exercise (i.e. backward 1-2-4, last pattern first, two accents, with constants)
- Starting exercises with Right and Left hand
- Maintaining relaxed technique at faster tempos

***Double Beat***

- Initiation from wrist
- Smooth, uninterrupted, and rebounded stroke
- Second note same quality and sound to the first note
- Consistently playing in time at slower and faster tempos while marking time/moving feet to the metronome
- Maintain relaxed technique at faster tempos

***Check Patterns/Timing (16<sup>th</sup> and Triplet)***

- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Playing variations of the original exercise (i.e. backward 1-2-4, last pattern first)
- Starting exercises with Right and Left hand
- Smooth, uninterrupted, and rebounded stroke
- Playing at variety of dynamics and heights

***Roll Exercise/ Triplet and 16<sup>th</sup>***

- Consistent, even sound from base notes (16<sup>th</sup> and triplets) while incorporating doubles and diddles
- Consistently playing in time at slower and faster tempos while marking time/move feet in time with metronome
- Initiation from wrist
- Smooth, uninterrupted, and rebounded stroke
- Playing at variety of dynamics and heights