

One-Handed Basics

Oviedo High School

M. Hansen

8-8-16

100-180bpm

8-8-16 exercise in 4/4 time, marked *f*. The exercise consists of two staves of music. The first staff begins with a repeat sign and contains four measures of eighth-note patterns. The second staff contains four measures of eighth-note patterns. The rhythm is indicated by 'R' for right hand and 'L' for left hand.

f R R R R R R R R L L L L L L L L R R R R R R R R R R R R R R R R R R
L L L L L L L L R R R R R R R R L L L L L L L L L L L L L L L L L L

2-Beat

100-140bpm

2-Beat exercise in 3/4 time, marked *f*. The exercise consists of two staves of music. The first staff begins with a repeat sign and contains four measures of eighth-note patterns with accents. The second staff contains four measures of eighth-note patterns with accents. The rhythm is indicated by 'R' for right hand and 'L' for left hand.

f R R R R R R R R R R L L L L L L L L L L R
L L L L L L L L L L L L R R R R R R R R R R L

3-Beat

100-140bpm

3-Beat exercise in 3/4 time, marked *f*. The exercise consists of two staves of music. The first staff begins with a repeat sign and contains four measures of eighth-note patterns. The second staff contains four measures of eighth-note patterns. The rhythm is indicated by 'R' for right hand and 'L' for left hand.

f R R R R R R R R R R R R L L L L L L L L L L R
L L L L L L L L L L L L R R R R R R R R R R L

Paradiddles

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Paradiddles

100-140bpm

Tap = 3" Accents = 12"

R r L l R r L l R l r L r l R l r L r l R r L l R r L l

4 R r r L l l R r r L l l R r L l R r L l R l r r L r l l R l r r L r l l

Paradiddle-diddles

70-110bpm

Tap = 3" Accents = 12"

7 R r R r R r R r R r r R r r R r r R r r R r r R l r r R l r r R l r r R l r r

10 R r r l l R r r l l R r r l l R r r l l R l r r l l R l r r l l R l r r l l R l r r l l

Stick Control

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2-Control

100-130bpm

Musical notation for the 2-Control exercise, measures 1-8. The piece is in 4/4 time and begins with a forte (*f*) dynamic. The notation consists of four staves, each with a rhythmic pattern of eighth notes and a corresponding sequence of 'R' (right) and 'L' (left) stick strokes. Measure 1 starts with a repeat sign and a 4/4 time signature. The patterns are as follows:

- Staff 1: R L R L R L R L R L R L R L R L R L R R R L R R R L R R R L
- Staff 2: R L R L R L R L R L R L R L R L R L L L R L L L R L L L R L L L
- Staff 3: R L R L R L R L R L R L R L R L R R R R L L L L R R R R L L L L
- Staff 4: R L R L R L R L R L R L R L R L R R L L R R L L R R L L

3-Control

130-160bpm

Musical notation for the 3-Control exercise, measures 9-16. The piece is in 4/4 time and begins with a forte (*f*) dynamic. The notation consists of four staves, each with a rhythmic pattern of eighth notes and a corresponding sequence of 'R' (right) and 'L' (left) stick strokes. Measures 9-10 have a repeat sign and a 4/4 time signature. The patterns are as follows:

- Staff 1: R L R L R L R L R L R L R L R R L R R L R R L
- Staff 2: R L R L R L R L R L R L R L R L L R L L R L L R L L
- Staff 3: R L R L R L R L R L R L R L R R R L L L R R R L L L
- Staff 4: R L R L R L R L R L R L R L R R L L R R L L R R L L