

Three in four in three in 4/4

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right hand
left hand
foot

1. Count quarter note out loud, start slow. This will help develop your awareness of rhythm within rhythm. Play each section alone until comfortable, then play entire exercise without stopping.

2. Accent first partial of groupings, then the second, third, and fourth.

3. Experiment with:

- Shifting the pattern; play same pattern starting with 2nd/3rd/4th partial.
- Changing the patterns; try a different three- or four-note sequence of limbs.
- Changing sound sources; play hands on cymbal, toms, snare, or ???