

# Afro 6/8 - creative coordination

introduction

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The ostinato, written two ways:

bell/cym

hi-hat w/foot

Warm-up ostinatos:

Basic coordination patterns - play with snare or bass:

Ways of practice:

- Play each ostinato by itself.
- Play the coordination patterns along with each ostinato; first with the snare, then with the bass.
- Apply the patterns from Stick Control, p. 5, to the coordination patterns, with: R = bass and L = snare.
- Apply triplet-based jazz coordination patterns from other sources, like Jim Chapin, Syncopation, John Riley's book, Ed Soph's Essential Techniques, or Rick Mattingly's Creative Timekeeping.