These are useful rhythms for superimposing into 4/4, or other meters. Here is rhythm 1, played as an accent on a cymbal and bass drum, with the 8th notes between accents filled in, played in 4/4:

Do this interpretation with an alternating sticking, or play the right hand on the cymbal, left hand on the snare; patterns marked with a * are especially good for that sticking.

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