

Rhythm cycles

some essential practice rhythms and their inversions

Todd Bishop

www.cruiseshipdrummer.com

36 numbered rhythm cycles in 4/4 time, each with a repeat sign. The cycles are arranged in groups of four, numbered 1 through 36. Each cycle is a single-measure pattern. The patterns include various combinations of eighth, quarter, and half notes, as well as rests. Some cycles include a repeat sign at the end.

Practice phrases for rhythm figures / kicks

Three practice phrases for rhythm figures / kicks, numbered 1, 2, and 3. Each phrase is a single-measure pattern. Phrase 1 is a single-measure pattern. Phrase 2 is a single-measure pattern. Phrase 3 is a single-measure pattern.