

Play with written sticking, and alternating sticking

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Musical notation for the 12-measure exercise in 4/4 time. The notation is on a single staff with a treble clef and a 4/4 time signature. It consists of three measures, each containing four groups of eighth notes. The first measure has eighth notes with accents and a triplet of three eighth notes. The second measure has eighth notes with accents and a triplet of three eighth notes. The third measure has eighth notes with accents and a triplet of three eighth notes. The eighth notes are beamed in groups of four.

R L L R L L R L L R R L R R L R R L R L L R R L R R L R R L R R L R R L

1. 3 > 3 > 3 3
R R L R R L R L L R R L

Exercise 1 consists of three measures of eighth-note triplets on a single staff. Each measure contains three groups of eighth-note triplets, each marked with an accent (>) and a '3' above the notes. The first measure has four groups, the second has three, and the third has four.

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