

♩=100-160

A 9"/3"

solo

f

R r R r r R r R r r L L L L L L L L L L

R r R r R r r R r R r R r r L L L L L L L L L L R r R r R r R r r

tapoff

R r R r R r R r r L R

B 7-9-5

R r R r R r r R r R r R r r L L L L L L L L L L L L L L L L L R r R r R r

R r r R r R r R r R r R r r L R r

R r r R r R r r L L L L L L L L L L L L L L L L L R

Notes
 *This exercise is modular and can be played several different ways. Separate it by the three different meters and try stringing them together in different sequences (e.g. "7-9-5", "9-5-7", etc.). All sections should be prepared to play all variations independent of other sections
 *Focus on down strokes and up strokes by maintaining clearly defined heights throughout the exercise