

Triplet Grid

$\text{♩} = 100-172$

The exercise consists of four staves of music. Each staff contains a series of triplet eighth notes with accents. Below the notes are rhythmic footprints: vertical lines for the right hand (R) and horizontal lines for the left hand (L). The first staff starts with a '1' above the first triplet and an 'f' below the first footprint. The second staff has a '4' above the fourth triplet. The third staff has a '7' above the seventh triplet. The fourth staff ends with a double bar line and a final footprint 'R'. The tempo is indicated as $\text{♩} = 100-172$.

1

f

4

7

Notes

- *Primary focus for this exercise is timing. Accents should never affect triplet 8th note spacing
- *Be sure to practice while marking time. Your feet should be an asset not a liability.
- *Once you feel comfortable with accents, try substituting flams, diddles, paradiddles, and other rudiments