

# Triplet Grid

$\text{♩} = 100-172$

$19 \frac{1}{3}''$

*f*

4

7

R | r | L | r | R | r | L | r | L | r | r | L | r | R | r | L | R | r | L | r | R | r | R | r | L | r | L | r | L | R |

R | r | R | r | R | r | R | L | r | r | L | r | r | L | R | r | r | R | r | R | L | r | r | L | r | r | L | R |

### 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