

Coordination. Doubles croches. Charleston & GC.

12 exercises for coordination training, each consisting of a 4-measure pattern in 4/4 time. The exercises are numbered 1 through 12.

Exercise 1:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 i & 2 i & 3 i & 4 i &
Exercise 2:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 & a 2 & a 3 & a 4 & a

Exercise 3:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 i & a 2 i & a 3 i & a 4 i & a
Exercise 4:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 i & 2 i & 3 i & 4 i &

Exercise 5:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 i & 2 i & 3 i & 4 i &
Exercise 6:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 & a 2 & a 3 & a 4 & a

Exercise 7:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 & a 2 & a 3 & a 4 & a
Exercise 8:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 i & 2 i & 3 i & 4 i &

Exercise 9:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 i & a 2 i & a 3 i & a 4 i & a
Exercise 10:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 & a 2 & a 3 & a 4 & a

Exercise 11:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 i & a 2 i & a 3 i & a 4 i & a
Exercise 12:
Measure 1: X X X X
Measure 2: X X X X
Measure 3: X X X X
Measure 4: X X X X
Rhythm: 1 i & a 2 i & a 3 i & a 4 i & a

Doubles croches. Coordination mains & grosse caisse N°1.

Ces exercices sont à faire en deux étapes.

A la première lecture fais tourner les exercices avec le doigté du dessus car c'est le doigté le plus facile.

Une fois les que les exercices sont bien acquis passe au deuxième doigté.

C'est un doigté de frisé ce qui est un peu plus difficile à maîtriser. Concentres-toi bien sur l'ordre des mains.

1

2

3

4

5

6

7

8

Coordination. Doubles croches entre mains & GC N°2.

1 2

3 4

5 6

7 8

9 10

11 12

Note ton progression. Tempo : 60 70 80 90 100 110 120.

DC. Rythmiques & fills. Coordination GC & CC N°1.

Fais preuve d'imagination ! Dans la dernière mesure changes les notes de CC avec les variations suivantes :

1. Jouer les deux mains ensembles tom basse & CC.
2. Jouer les deux mains ensembles cymbale crash & CC.
3. Distribuer les mains entre CC & toms (descente).
4. Flas.
5. Distribuer des flas entre CC & toms (descente).

[illegible][illegible]

Ex. 3

The musical notation for Example 3 consists of a single staff. It begins with a double bar line and a repeat sign. The first measure contains a quarter note G4, followed by a quarter rest, and then a quarter note G4. The second measure contains a quarter note A4, followed by a quarter rest, and then a quarter note A4. The third measure contains a quarter note B4, followed by a quarter rest, and then a quarter note B4. The fourth measure contains a quarter note C5, followed by a quarter rest, and then a quarter note C5. The fifth measure contains a quarter note B4, followed by a quarter rest, and then a quarter note B4. The sixth measure contains a quarter note A4, followed by a quarter rest, and then a quarter note A4. The seventh measure contains a quarter note G4, followed by a quarter rest, and then a quarter note G4. The eighth measure contains a quarter note F#4, followed by a quarter rest, and then a quarter note F#4. The ninth measure contains a quarter note E4, followed by a quarter rest, and then a quarter note E4. The tenth measure contains a quarter note D4, followed by a quarter rest, and then a quarter note D4. The eleventh measure contains a quarter note C4, followed by a quarter rest, and then a quarter note C4. The twelfth measure contains a quarter note B3, followed by a quarter rest, and then a quarter note B3. The thirteenth measure contains a quarter note A3, followed by a quarter rest, and then a quarter note A3. The fourteenth measure contains a quarter note G3, followed by a quarter rest, and then a quarter note G3. The fifteenth measure contains a quarter note F#3, followed by a quarter rest, and then a quarter note F#3. The sixteenth measure contains a quarter note E3, followed by a quarter rest, and then a quarter note E3. The seventeenth measure contains a quarter note D3, followed by a quarter rest, and then a quarter note D3. The eighteenth measure contains a quarter note C3, followed by a quarter rest, and then a quarter note C3. The nineteenth measure contains a quarter note B2, followed by a quarter rest, and then a quarter note B2. The twentieth measure contains a quarter note A2, followed by a quarter rest, and then a quarter note A2. The notation ends with a double bar line.

[illegible][illegible]

Ex. 6

The musical notation for Example 6 consists of a single staff with a key signature of one flat (B-flat) and a common time signature (C). The notation is divided into two measures by a double bar line. The first measure contains a sequence of notes: a quarter note (B-flat), an eighth note (A), a quarter note (G), an eighth note (F), a quarter note (E), an eighth note (D), a quarter note (C), and an eighth note (B-flat). The second measure contains a sequence of notes: a quarter note (B-flat), an eighth note (A), a quarter note (G), an eighth note (F), a quarter note (E), an eighth note (D), a quarter note (C), and an eighth note (B-flat). The notation is written in a style that suggests a specific rhythmic pattern, with notes and rests indicated by vertical lines and dots.

DC. Rythmiques & fills. Coordination GC & CC N°2.

Fais preuve d'imagination ! Dans la dernière mesure changes les notes de CC avec les variations suivantes :

1. Jouer les deux mains ensembles tom basse & CC.
2. Jouer les deux mains ensembles cymbale crash & CC.
3. Distribuer les mains entre CC & toms (descente).
4. Flas.
5. Distribuer des flas entre CC & toms (descente).

Ex. 1

Ex. 2

Ex. 3

Ex. 4

Ex. 5

Ex. 6

Coordination & indépendance. Doubles croches. CH CC GC.

1 2 3 4 5 6 7 8 9 10 11 12

13 14

Musical notation for measures 13 and 14. Measure 13 features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C5, D5, E5, F#5. The bass line consists of eighth notes: F#3, G3, A3, B3, C4, D4, E4, F#4. Measure 14 continues the same pattern with the same notes.

15 16

Musical notation for measures 15 and 16. Measure 15 features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C5, D5, E5, F#5. The bass line consists of eighth notes: F#3, G3, A3, B3, C4, D4, E4, F#4. Measure 16 continues the same pattern with the same notes.

17 18

Musical notation for measures 17 and 18. Measure 17 features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C5, D5, E5, F#5. The bass line consists of eighth notes: F#3, G3, A3, B3, C4, D4, E4, F#4. Measure 18 continues the same pattern with the same notes.

19 20

Musical notation for measures 19 and 20. Measure 19 features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C5, D5, E5, F#5. The bass line consists of eighth notes: F#3, G3, A3, B3, C4, D4, E4, F#4. Measure 20 continues the same pattern with the same notes.

Doubles croches. Rythmiques. Exercices de coordination.

Première lecture charleston débit main droite.

Deuxième lecture charleston en frisé.

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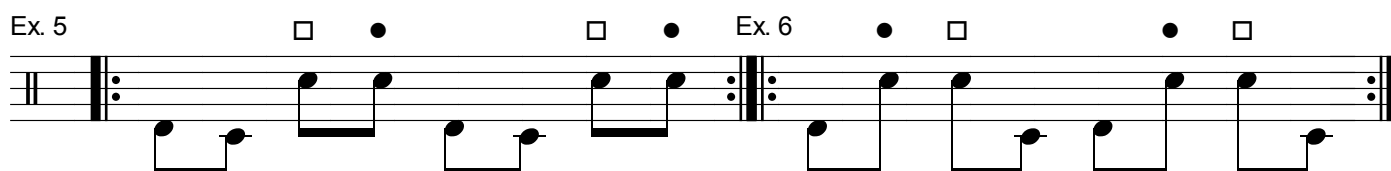
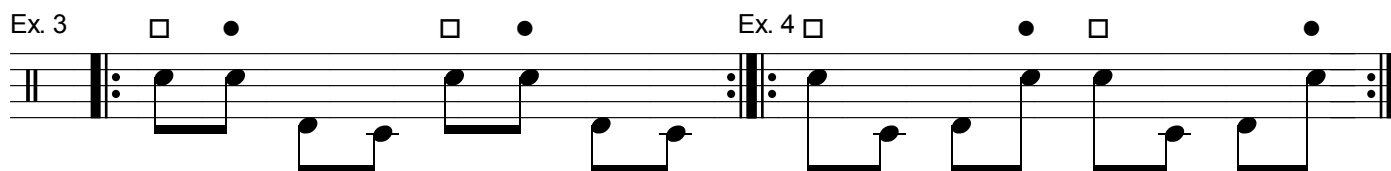
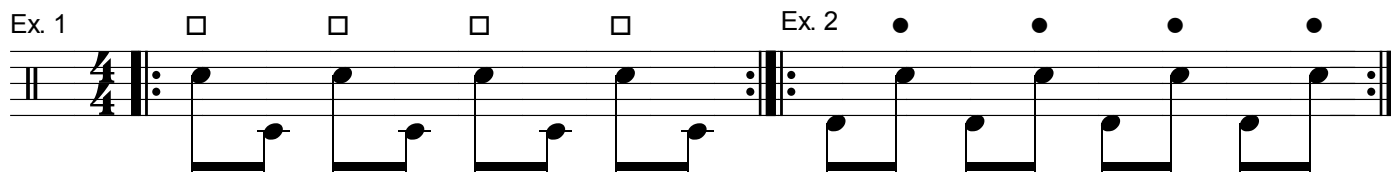
12

Note ton progrès. Tempo : 60 70 80 90 100 110 120.

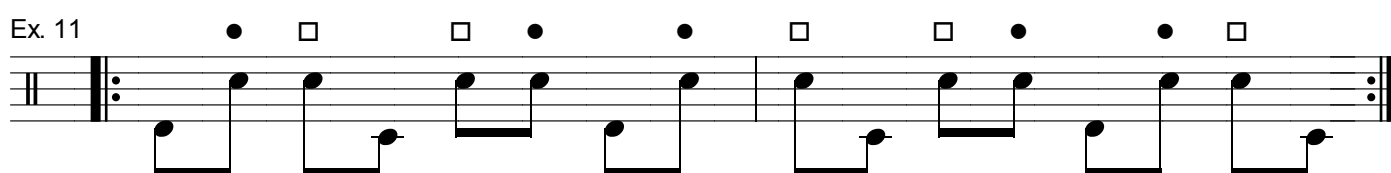
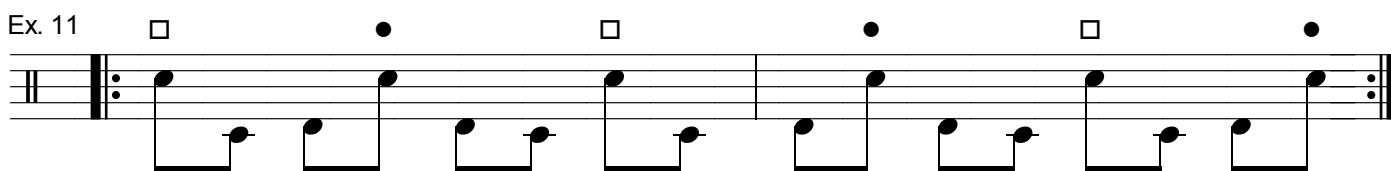
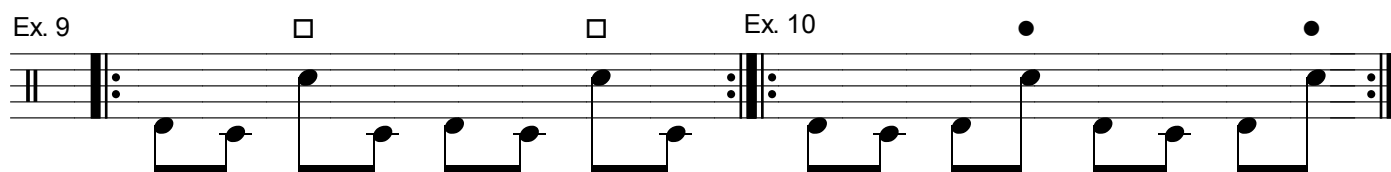
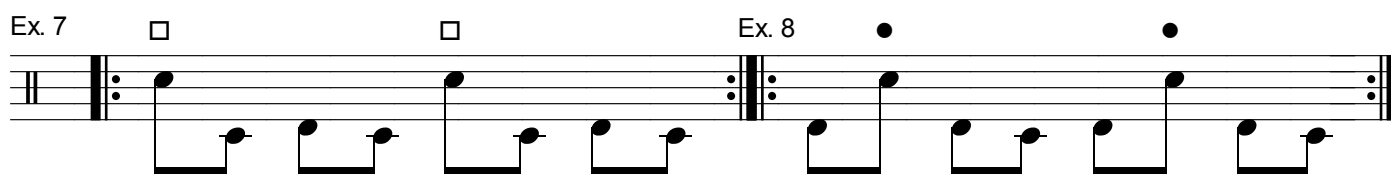
Coordination. Double pédale en croches.

Enchaîne exs. 1 & 2, exs. 3 à 6, exs. 7 à 10 et exs. 11 & 12.

Une fois les exercices maîtrisés, ajoutes un jeu de charleston/ride en noires.



Exercice 7 à refaire avec la main gauche.
Garder le même jeu aux pieds.



Note ton progrès. Tempo : 60 70 80 90 100 110 120.

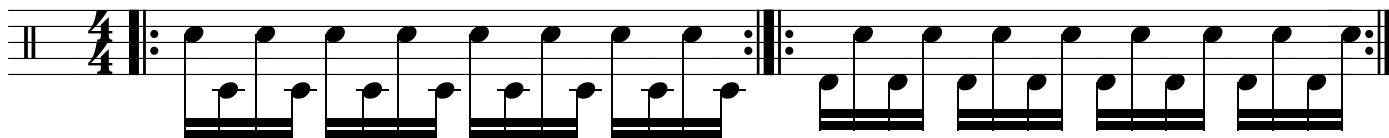
Coordination. Double pédale en doubles croches.

Enchaîne exs. 1 & 2, exs. 3 à 6, exs. 7 à 10 et exs. 11 & 12.

Une fois les exercices maîtrisés, ajoutes un jeu de charleston/ride en croches.

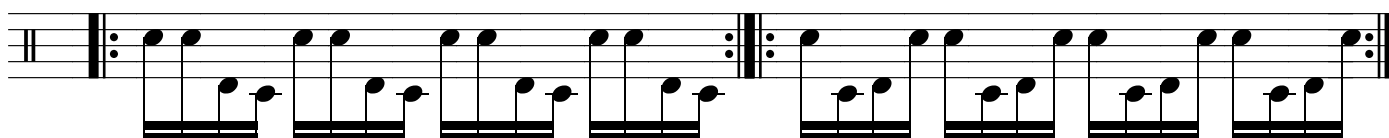
Ex. 1

Ex. 2



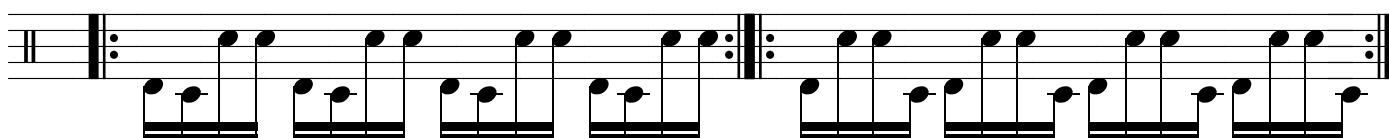
Ex. 3

Ex. 4



Ex. 5

Ex. 6

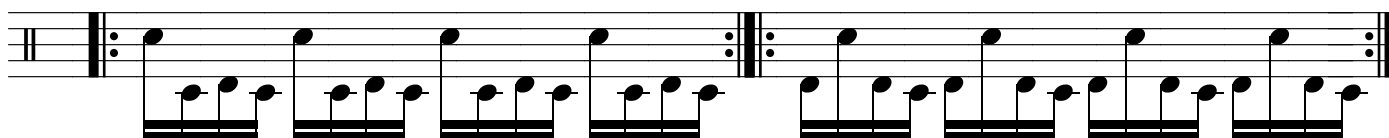


Exercice 7 à refaire avec la main gauche.

Garder le même jeu aux pieds.

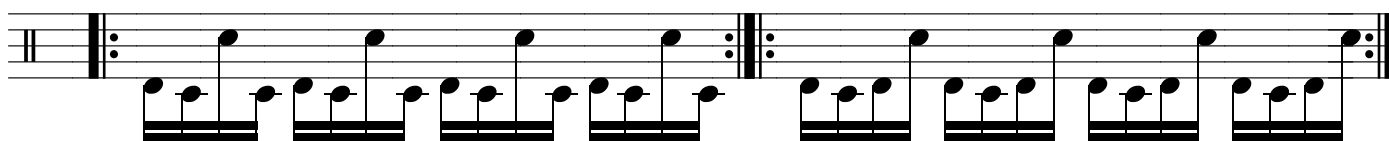
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Ex. 8

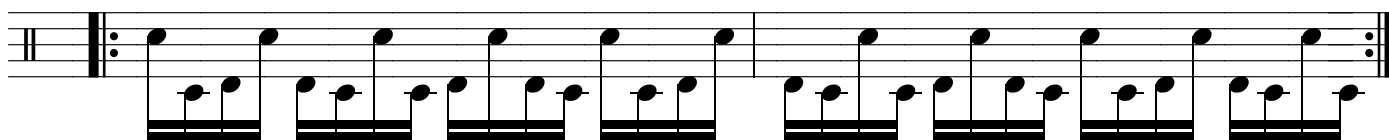


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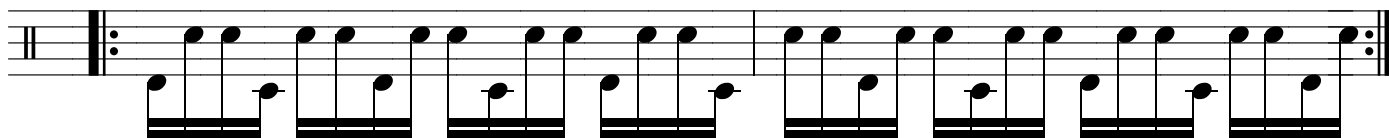
Ex. 10



Ex. 11



Ex. 11



Doubles croches.

Rythmiques & fills. Décalage "3 pour 4" N°1.

Ex. 1

1 2 3 4 1 2 3 4

1 i & a 2 i & a 3 i & a 4 i & a

Ex. 2

1 2 3 4 1 2 3 4

1 i & a 2 i & a 3 i & a 4 i & a

Ex. 3

1 2 3 4 1 2 3 4

1 i & a 2 i & a 3 i & a 4 i & a

Ex. 4

1 2 3 4 1 2 3 4

1 i & a 2 i & a 3 i & a 4 i & a

Ex. 5

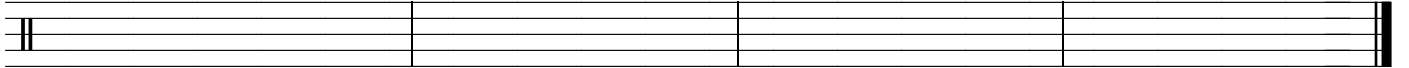
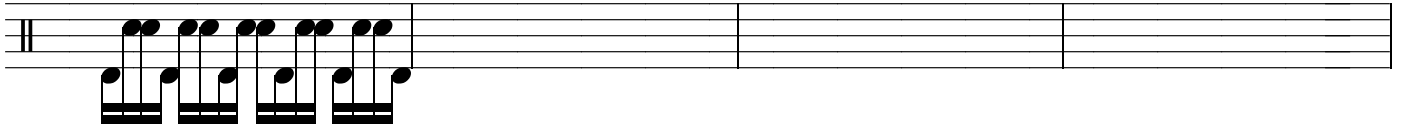
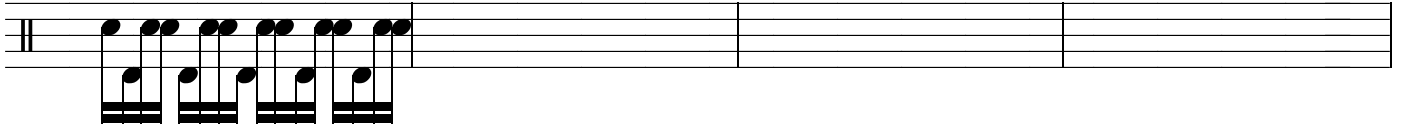
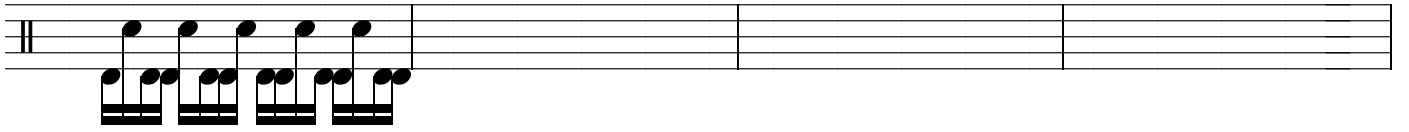
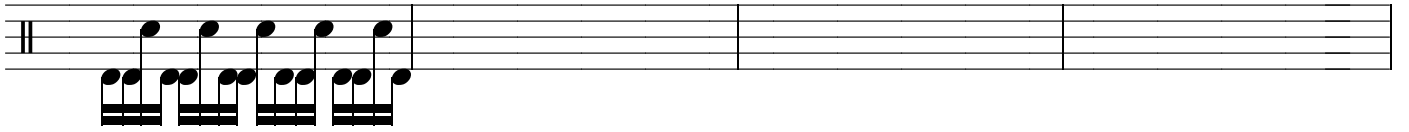
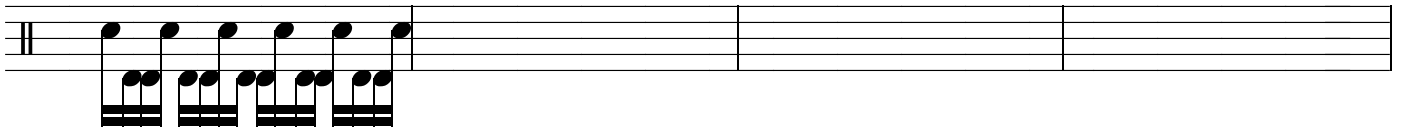
1 2 3 4 1 2 3 4

1 i & a 2 i & a 3 i & a 4 i & a

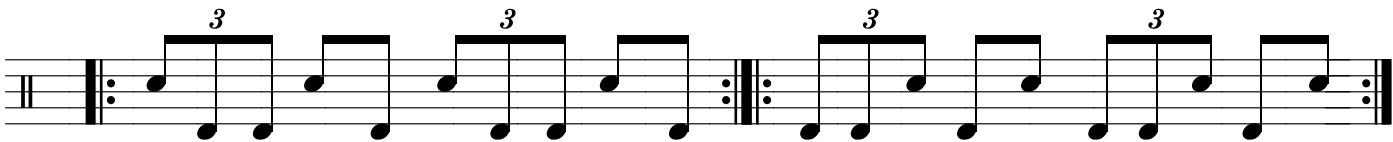
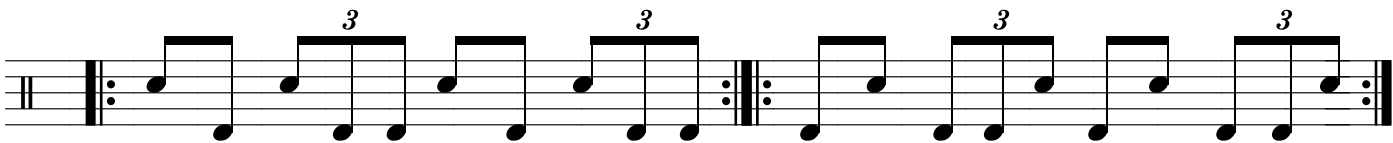
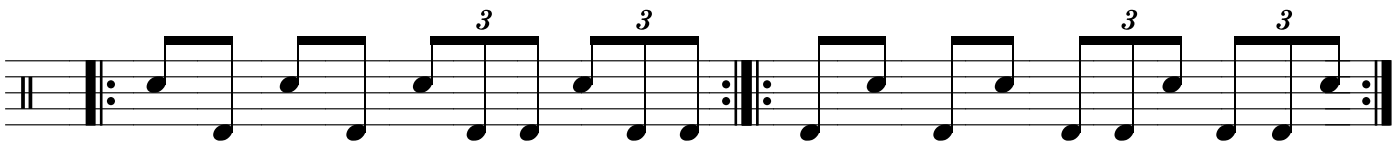
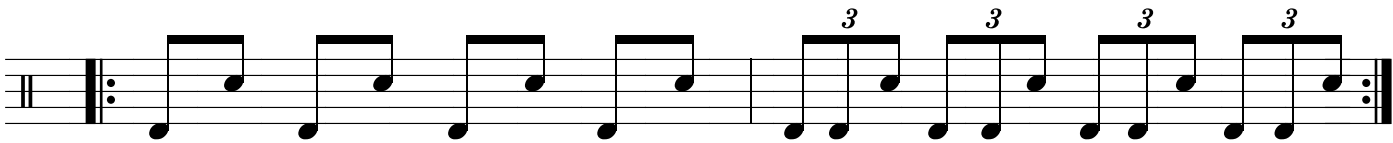
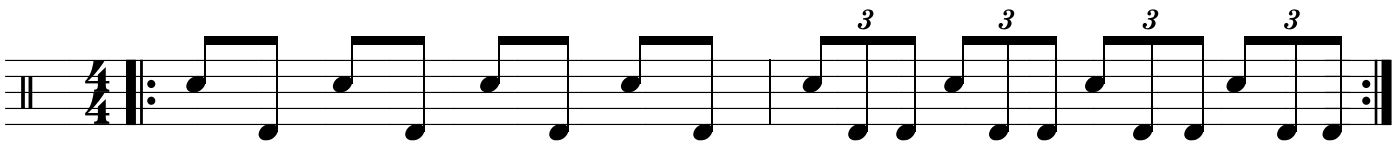
Ex. 6

1 2 3 4 1 2 3 4

1 i & a 2 i & a 3 i & a 4 i & a



Coordination. Croches & triolets de croches. GC & CC.



Coordination. Triolets de croches & DC. GC & CC.

