


EXERCISE NO. 1

"Daily Playing Exercise" starts with 10 down strokes (designated by ) with each hand progressing to one stroke with each hand. This process is reversed by starting with one stroke with each hand and progressing to 10. This exercise is to be read across the page from left to right.

READ ACROSS THE PAGE FROM LEFT TO RIGHT

LINE

A	RIGHT HAND →	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
B	LEFT HAND →	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
C	RIGHT HAND →	①	②	③	④	⑤	⑥	⑦	⑧	⑨	
D	LEFT HAND →	①	②	③	④	⑤	⑥	⑦	⑧	⑨	
E	RIGHT HAND →	①	②	③	④	⑤	⑥	⑦	⑧		
F	LEFT HAND →	①	②	③	④	⑤	⑥	⑦	⑧		
G	RIGHT HAND →	①	②	③	④	⑤	⑥	⑦			
H	LEFT HAND →	①	②	③	④	⑤	⑥	⑦			
I	RIGHT HAND →	①	②	③	④	⑤	⑥				
J	LEFT HAND →	①	②	③	④	⑤	⑥				
K	RIGHT HAND →	①	②	③	④	⑤					
L	LEFT HAND →	①	②	③	④	⑤					
M	RIGHT HAND →	①	②	③	④						
N	LEFT HAND →	①	②	③	④						
O	RIGHT HAND →	①	②	③							
P	LEFT HAND →	①	②	③							
Q	RIGHT HAND →	①	②								
R	LEFT HAND →	①	②								
S	RIGHT HAND →	①									
T	LEFT HAND →	①									

WHEN YOU HAVE FINISHED
LINES A THRU T, START AT
THE BOTTOM (LINE T) AND
WORK BACK TO THE TOP
THRU LINE A.

REPEAT THIS PAGE FIVE TIMES EACH DAY

1. MORNING 2. AFTER SCHOOL 3. BEFORE SUPPER 4. AFTER SUPPER 5. BEFORE BED

Hold your drum sticks in the proper positions every time you watch TV this week. Keep shifting them from hand to hand until you can remember the position.

REVIEW

1. REVIEW DAILY EXERCISE NO. 1 PAGE 7 FORWARD AND BACKWARD.
2. VARY DAILY EXERCISE SO IT READS AS FOLLOWS:

READ ACROSS THE PAGE FROM LEFT TO RIGHT

	RIGHT HAND	LEFT HAND	RIGHT HAND	LEFT HAND	RIGHT HAND	LEFT HAND	RIGHT HAND	LEFT HAND	RIGHT HAND	LEFT HAND	RIGHT HAND	LEFT HAND	RIGHT HAND	LEFT HAND	RIGHT HAND	LEFT HAND
NUMBER OF STROKES EACH HAND	10	8	9	7	8	6	7	5	6	4	5	3	4	2	3	1
	1	3	2	4	3	5	4	6	5	7	6	8	7	9	8	10

EXERCISE NO. 2

STRIKE DRUM IN CENTER OF HEAD

Ⓛ = STRIKE LEFT HAND

Ⓡ = STRIKE RIGHT HAND

LINE 1. Ⓡ Ⓛ Ⓡ Ⓛ | Ⓡ Ⓛ Ⓡ Ⓛ | Ⓡ Ⓛ Ⓡ Ⓛ | Ⓡ

LINE 2. Ⓛ Ⓡ Ⓛ Ⓡ | Ⓛ Ⓡ Ⓛ Ⓡ | Ⓛ Ⓡ Ⓛ Ⓡ | Ⓛ

WATCH FOR STICKING CHANGES!

LINE 3. Ⓡ Ⓡ Ⓡ Ⓡ | Ⓛ Ⓛ Ⓛ Ⓛ | Ⓡ Ⓡ Ⓡ Ⓡ | Ⓛ

LINE 4. Ⓛ Ⓛ Ⓛ Ⓛ | Ⓡ Ⓡ Ⓡ Ⓡ | Ⓛ Ⓛ Ⓛ Ⓛ | Ⓡ

LINE 5. Ⓡ Ⓡ Ⓛ Ⓛ | Ⓡ Ⓡ Ⓛ Ⓛ | Ⓡ Ⓡ Ⓛ Ⓛ | Ⓡ

LINE 6. Ⓛ Ⓛ Ⓡ Ⓡ | Ⓛ Ⓛ Ⓡ Ⓡ | Ⓛ Ⓛ Ⓡ Ⓡ | Ⓛ

LINE 7. Ⓡ Ⓛ Ⓛ Ⓛ | Ⓡ Ⓛ Ⓛ Ⓛ | Ⓡ Ⓛ Ⓛ Ⓛ | Ⓡ

LINE 8. Ⓛ Ⓡ Ⓡ Ⓡ | Ⓛ Ⓡ Ⓡ Ⓡ | Ⓛ Ⓡ Ⓡ Ⓡ | Ⓛ

PRACTICE THREE TIMES DAILY: MORNING, AFTER SCHOOL, AFTER SUPPER.