

# **WARM UP AND WORK OUT**

Desarrollo de habilidades musicales  
en bateristas y percusionistas

Developing drummer & percussionist skills

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# WARM UP 28

A) D D D D D D | | | |  
 B) | | | | | | D D D D

## VAR. 1

A) D D D | | | D D D D  
 | | | D D D | | |

## VAR. 2

A) D D D D D | | | | | |  
 B) | | | | | D D D D D

## VAR. 3

A) | D | D | D | | D D D D  
 D | D | D | D | | | |

## EJERCICIOS DE GOLPE DOBLE / DOUBLE STROKE EXERCISES

Comenzamos ahora con los ejercicios de doble golpe. Cuando realicemos estos ejercicios prestaremos especial atención al segundo de los golpes del doble golpe de cada mano. Hemos de pensar que ambos golpes deben de sonar igual, sin que haya diferencia de volumen entre ambos. Buscaremos la igualdad de golpe como objetivo fundamental.

We start now with the double stroke exercises. When we perform these exercises, we will pay special attention to the second of the strokes of the double stroke of each hand. We have to think that both strokes must sound equal, without there being a difference in volume between them. We will seek equality at once as a fundamental objective.

**WARM UP 01**

A) D | | D | | D | | D | | D | | D | | D | | D | | D  
 B) | D D | D D | D D | D D | D D | D D |

**VAR 1**

A) | | D | | D | | D | | D | | D | | D | | D | | D | | D | | D | | D  
 B) D D | D D | D D | D D | D D | D D | D D | D D |

**VAR 2**

A) | | D | | D | | D | | D | | D | | D | | D | | D | | D | | D | | D  
 B) D D | D D | D D | D D | D D | D D | D D | D D |

**WARM UP 02**

A) D | D | D | D | D | D | D D | D D | D D | D D | |  
 B) | D | D | D | D | D | D | | D | D | D D | D D | D D |

**VAR 1**

A) D | D | D | D | D | D | D D | D D | D D | D D |  
 B) | D | D | D | D | D | D | | D | D | D D | D D | D D |

**VAR 2**

A) D | D | D | D | D | D | D | D D | D D | D D | D D |  
 B) | D | D | D | D | D | D | | D | D | D D | D D | D D |


# EJERCICIOS DE PARADIDDLE / PARADIDDLE EXERCISES


**FILL**


**W-P 01** 

D | D D | D | D | | D |

## APLICACIONES RÍTMICAS / RHYTHMIC APPLICATIONS


1 

2 

3 

4 


5 

6 


7 


8 

## Ideas

1 

2 

3 

4 

**B** Musical notation for part B of Game 9. Treble clef, 4/4 time signature. Two measures of eighth notes with triplets. Rhythm: 00000010101.

**C** Musical notation for part C of Game 9. Treble clef, 4/4 time signature. Two measures of eighth notes with triplets. Rhythm: 0101010000.

**JUEGO 9  
GAME 9**

**A** Musical notation for part A of Game 9. Treble clef, 4/4 time signature. Two measures of eighth notes. Rhythm: 01010101.

**COMPÁS 4  
MEASURE 4**

**D** Musical notation for part D of Game 9. Treble clef, 4/4 time signature. Two measures of eighth notes with triplets. Rhythm: 00001010100.

**E** Musical notation for part E of Game 9. Treble clef, 4/4 time signature. Two measures of eighth notes with triplets. Rhythm: 0100001000.

**B** Musical notation for part B of Game 10. Treble clef, 4/4 time signature. Two measures of eighth notes. Rhythm: 0010001001001.

**C** Musical notation for part C of Game 10. Treble clef, 4/4 time signature. Two measures of eighth notes. Rhythm: 011011011011.

**JUEGO 10  
GAME 10**

**A** Musical notation for part A of Game 10. Treble clef, 4/4 time signature. Two measures of eighth notes. Rhythm: 0101010101.

**COMPÁS 4  
MEASURE 4**

**D** Musical notation for part D of Game 10. Treble clef, 4/4 time signature. Two measures of eighth notes. Rhythm: 110011011010.

**E** Musical notation for part E of Game 10. Treble clef, 4/4 time signature. Two measures of eighth notes. Rhythm: 010010010010.