



Thomas Lang: Creative Coordination & Advanced Foot Technique

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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 1: Foot Massage Exercise 1: Tempo = 125BPM

Maintain strong back-beat

R.H.

L.H.

R.F.

L.F.

$\frac{4}{4}$

p *p* *f*



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 1: Foot Massage Exercise 2A: Tempo = 125BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a series of rhythmic markings (crosses) grouped into four measures, each with a bracket above it. The L.H. staff contains a series of quarter notes, one in each measure. The R.F. staff contains a series of quarter notes, one in each measure. The L.F. staff contains a series of eighth notes, one in each measure, with a tilde symbol (~) above each note. The score is divided into two sections by a vertical line, and ends with a repeat sign (:).



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 1: Foot Massage Exercise 2B: Tempo = 125BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four groups of four eighth notes, each group bracketed together. The L.H. staff contains four quarter notes, each aligned with a group of eighth notes in the R.H. staff. The R.F. staff contains a sequence of eighth notes, with a slash and a tilde symbol (~/) above each note. The L.F. staff contains a sequence of eighth notes, with a slash and a tilde symbol (~/) above each note. The score is divided into two measures by a vertical line, and ends with a repeat sign (double bar line with two dots).



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 1: Foot Massage Exercise 2C: Tempo = 125BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four groups of four eighth notes, each group bracketed together. The L.H. staff contains four quarter notes, one in each measure. The R.F. staff contains four groups of two eighth notes, each group bracketed together. The L.F. staff contains four groups of two eighth notes, each group bracketed together. The score is divided into two measures by a vertical line, with a repeat sign at the end of the second measure.



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Chapter 1: Kicktrix Subchapter 1: Foot Massage Exercise 2D: Tempo = 125BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a series of rhythmic patterns indicated by 'x' marks and brackets, repeating every two measures. The L.H. staff contains a series of quarter notes, also repeating every two measures. The R.F. staff contains a series of quarter notes, repeating every two measures. The L.F. staff contains a series of quarter notes, repeating every two measures. The score is divided into four measures by vertical lines, and a double bar line with repeat dots is at the end.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 1: Foot Massage Exercise 2E: Tempo = 125BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four groups of four eighth notes, each group bracketed together. The L.H. staff contains four dotted quarter notes, one in each measure. The R.F. staff contains four pairs of eighth notes, one pair in each measure. The L.F. staff contains four pairs of eighth notes, one pair in each measure. The pairs of eighth notes in the R.F. and L.F. staves are connected by vertical lines, indicating they are played together. The tempo is 125BPM.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 1: Foot Massage Exercise 2F: Tempo = 125BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four groups of four 'x' marks, each group spanning a quarter note. The L.H. staff contains four groups of two quarter notes, each group spanning a quarter note. The R.F. staff contains four groups of two quarter notes, each group spanning a quarter note. The L.F. staff contains four groups of two quarter notes, each group spanning a quarter note. The score is divided into two measures by a vertical line. The first measure contains the first two groups of notes, and the second measure contains the last two groups. A repeat sign is at the end of the second measure.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 1: Foot Massage

Exercise 2G: Tempo = 125BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a series of rhythmic patterns indicated by 'x' marks and brackets, suggesting a sequence of strokes. The L.H. staff contains a series of quarter notes. The R.F. staff contains a series of quarter notes. The L.F. staff contains a series of eighth notes with accents. The score is divided into four measures by vertical lines, and a double bar line is at the end.



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Chapter 1: Kicktrix

Subchapter 1: Foot Massage

Exercise 2H: Tempo = 125BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a series of rhythmic patterns indicated by 'x' marks and brackets, suggesting a specific drumming technique. The L.H. staff shows notes with stems and beams, some marked with circled dots. The R.F. and L.F. staves show notes with stems and beams, some marked with a tilde symbol (~). The score is divided into four measures by vertical lines, and a double bar line with repeat dots is at the end.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 1: Foot Massage

Exercise 2I: Tempo = 125BPM

The musical notation is arranged in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four groups of four 'x' marks, each group spanning a quarter note. The L.H. staff contains four groups of two quarter notes, each group spanning a quarter note. The R.F. staff contains four groups of two quarter notes, each group spanning a quarter note. The L.F. staff contains four groups of two quarter notes, each group spanning a quarter note. The notation is divided into four measures by vertical lines. A double bar line is at the end of the fourth measure, followed by a repeat sign (two dots). The tempo is 125BPM.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 2: Pedicure

Exercise 3: Tempo = 115BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eight groups of three eighth notes, each group marked with a bracket and the number '3'. The L.H. part consists of eight groups of two eighth notes, each group marked with a bracket and the number '2'. The R.F. part consists of eight groups of six eighth notes, each group marked with a bracket and the number '6'. The L.F. part consists of eight groups of six eighth notes, each group marked with a bracket and the number '6'. The score is divided into two measures by a vertical line, with a repeat sign at the end of the second measure.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 2: Pedicure Exercise 4: Tempo = 115BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eight groups of three eighth notes, each marked with a '3' and a bracket. The L.H. part consists of eight groups of two eighth notes, each marked with a '2' and a bracket. The R.F. part consists of eight groups of two eighth notes, each marked with a '2' and a bracket. The L.F. part consists of eight groups of sixteenth notes, each marked with a '6' and a bracket. The score is divided into two measures by a vertical line, and the second measure is repeated, indicated by a double bar line and a repeat sign.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 2: Pedicure Exercise 5: Tempo = 115BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eight groups of three eighth notes, each group marked with a bracket and the number '3'. The L.H. part consists of eight groups of two eighth notes, each group marked with a bracket and the number '2'. The R.F. part consists of eight groups of six eighth notes, each group marked with a bracket and the number '6'. The L.F. part consists of eight groups of six eighth notes, each group marked with a bracket and the number '6'. The score is divided into two measures by a vertical line. The first measure contains the first four groups of notes, and the second measure contains the last four groups. A repeat sign is located at the end of the second measure.



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Chapter 1: Kicktrix

Subchapter 2: Pedicure

Exercise 6: Tempo = 115BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eight groups of three eighth notes, each marked with a '3' and a bracket. The L.H. part consists of eight groups of two eighth notes, each marked with a '2' and a bracket. The R.F. part consists of eight groups of six eighth notes, each marked with a '6' and a bracket. The L.F. part consists of eight groups of six eighth notes, each marked with a '6' and a bracket. The score is divided into two measures by a vertical line, with a repeat sign at the end of the second measure.



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Chapter 1: Kicktrix Subchapter 2: Pedicure Exercise 7: Tempo = 115BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: Right Hand (R.H.), Left Hand (L.H.), Right Foot (R.F.), and Left Foot (L.F.). The time signature is 4/4. The R.H. part consists of eight groups of three eighth notes, each marked with a bracket and the number '3'. The L.H. part consists of eight groups of a quarter note followed by a quarter rest, each marked with a bracket and the number '2'. The R.F. part consists of eight groups of six eighth notes, each marked with a bracket and the number '6'. The L.F. part consists of eight groups of six eighth notes, each marked with a bracket and the number '6'. The score is divided into two measures by a vertical line, and each measure is enclosed in a double bar line. A repeat sign is located at the end of the second measure.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 2: Pedicure

Exercise 8: Tempo = 115BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eight groups of three eighth notes, each marked with a '3' and a bracket. The L.H. part consists of eight groups of two eighth notes, each marked with a '2' and a bracket. The R.F. part consists of eight groups of six eighth notes, each marked with a '6' and a bracket. The L.F. part consists of eight groups of six eighth notes, each marked with a '6' and a bracket. The score is divided into two measures by a vertical line, and the second measure is repeated, indicated by a double bar line and a repeat sign.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 2: Pedicure

Exercise 9: Tempo = 115BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eight groups of three eighth notes, each marked with a '3' and a bracket. The L.H. part consists of eight groups of two eighth notes, each marked with a '2' and a bracket. The R.F. part consists of eight groups of six eighth notes, each marked with a '6' and a bracket. The L.F. part consists of eight groups of six eighth notes, each marked with a '6' and a bracket. The score is divided into two measures by a vertical line, and each measure is enclosed in a large bracket. A repeat sign is at the end of the second measure.



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Chapter 1: Kicktrix

Subchapter 2: Pedicure

Exercise 10: Tempo = 115BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eight groups of three eighth notes, each marked with a bracket and the number '3'. The L.H. part consists of eight groups of a quarter note followed by a quarter rest, each marked with a bracket and a '3' above it. The R.F. part consists of eight groups of six eighth notes, each marked with a bracket and the number '6'. The L.F. part consists of eight groups of six eighth notes, each marked with a bracket and the number '6'. The score is divided into two measures by a vertical line, and the first measure is repeated. The tempo is 115BPM.



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Chapter 1: Kicktrix

Subchapter 2: Pedicure

Exercise 10: Tempo = 115BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eight groups of three eighth notes, each marked with a bracket and the number '3'. The L.H. part consists of eight groups of two eighth notes, each marked with a bracket and the number '2'. The R.F. part consists of eight groups of six eighth notes, each marked with a bracket and the number '6'. The L.F. part consists of eight groups of six eighth notes, each marked with a bracket and the number '6'. The score is divided into two measures by a vertical line. The first measure contains the first four groups of notes, and the second measure contains the last four groups. A repeat sign is at the end of the second measure.



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Chapter 1: Kicktrix

Subchapter 2: Pedicure

Exercise 11: Tempo = 115BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains eight groups of three eighth notes, each marked with a bracket and the number '3'. The L.H. staff contains eight groups of two eighth notes, each marked with a bracket and the number '2'. The R.F. staff contains eight groups of six eighth notes, each marked with a bracket and the number '6'. The L.F. staff contains eight groups of six eighth notes, each marked with a bracket and the number '6'. The score is divided into two measures by a vertical line, and the first measure is repeated. The tempo is 115BPM.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 2: Pedicure Exercise 12: Tempo = 115BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains eight groups of three eighth notes, each marked with a '3' above a bracket. The L.H. staff contains eight quarter notes, each marked with a '3' above a bracket. The R.F. staff contains eight groups of six eighth notes, each marked with a '6' below a bracket. The L.F. staff contains eight groups of six eighth notes, each marked with a '6' below a bracket. The score is divided into two measures by a vertical line, with a repeat sign at the end of the second measure.

Switch feet to a different pedal each quarter-note.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 2: Pedicure

Exercise 13: Tempo = 115BPM

The musical score is arranged in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains two measures of triplet eighth notes (marked '3') and two measures of sextuplet eighth notes (marked '6'). The L.H. staff contains two measures of eighth notes with accents and two measures of quarter notes with accents. The R.F. and L.F. staves are labeled 'Improvise foot patterns from Ex. 3-12!' and are separated from the other staves by a double bar line. The score is divided into two sections by a double bar line, with repeat signs (double dots) at the end of each section.

Ex. 13 is an improvisation using various foot patterns taken from Ex. 3-12.

Try playing the backbeat using different hand patterns such as those above, for example.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 2: Pedicure

Exercise 14: Tempo = 110BPM

The musical score is arranged in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. staff contains eight groups of three eighth notes, each marked with a '3' above a bracket. The L.H. staff contains a sequence of eighth notes and rests, with a '4/4' time signature at the beginning. The R.F. and L.F. staves are empty, with the instruction 'Improvise foot patterns from Ex. 3-12!' written in the center of each staff. A double bar line is placed after the fourth group of eighth notes in the R.H. staff, and another double bar line is at the end of the score.

Ex. 14 is another improvisation using various foot patterns taken from Ex. 3-12.

Try switching the feet to different pedals to create grooves with different sounds.



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Chapter 1: Kicktrix Subchapter 3: Reflexology Exercise 15: Tempo = 180BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of four measures of a continuous eighth-note pattern, represented by 'x' marks on a line. The L.H. part consists of four measures of a continuous eighth-note pattern, represented by dots on a line. The R.F. part consists of four measures of a continuous eighth-note pattern, represented by dots on a line. The L.F. part consists of four measures of a continuous eighth-note pattern, represented by dots on a line. The tempo is 180BPM.



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Chapter 1: Kicktrix
Subchapter 3: Reflexology
Exercise 16: Tempo = 180BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of four measures of a continuous eighth-note pattern, indicated by 'x' marks on a line. The L.H. part consists of four measures of a continuous eighth-note pattern, indicated by dots on a line. The R.F. part consists of four measures of a continuous eighth-note pattern, indicated by dots on a line. The L.F. part consists of four measures of a continuous eighth-note pattern, indicated by dots on a line. The tempo is 180BPM.



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Chapter 1: Kicktrix
Subchapter 3: Reflexology
Exercise 17: Tempo = 180BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of four measures of a continuous eighth-note pattern, each measure containing four notes. The L.H. part consists of four measures, each starting with a half note followed by a quarter rest, then a quarter note, and finally a quarter note with a slash and a dot above it. The R.F. and L.F. parts consist of four measures, each starting with a quarter note, followed by a quarter note with a slash and a dot above it, and then a quarter note with a slash and a dot above it. The score is enclosed in a double bar line at the beginning and end, with a repeat sign at the end of the L.H. staff.



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Chapter 1: Kicktrix
Subchapter 3: Reflexology
Exercise 18: Tempo = 180BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of four measures of a continuous eighth-note pattern, each measure containing four notes. The L.H. part consists of four measures, each starting with a quarter rest followed by a quarter note on the middle line. The R.F. part consists of four measures, each starting with a quarter rest followed by a quarter note on the middle line. The L.F. part consists of four measures, each starting with a quarter rest followed by a quarter note on the middle line. The R.F. and L.F. parts are coordinated with the L.H. part. The score is enclosed in a double bar line on both ends.



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Chapter 1: Kicktrix Subchapter 3: Reflexology Exercise 19: Tempo = 180BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of four measures of a continuous eighth-note pattern, each measure containing four notes. The L.H. part consists of four measures of a continuous eighth-note pattern, each measure containing four notes. The R.F. part consists of four measures of a continuous eighth-note pattern, each measure containing four notes. The L.F. part consists of four measures of a continuous eighth-note pattern, each measure containing four notes. The tempo is 180BPM.



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Chapter 1: Kicktrix

Subchapter 3: Reflexology

Exercise 20: Tempo = 180BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four groups of four eighth notes, each group beamed together. The L.H. staff contains two groups of two eighth notes, each group beamed together. The R.F. staff contains four groups of four eighth notes, each group beamed together. The L.F. staff contains four groups of four eighth notes, each group beamed together. The tempo is 180BPM.



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Chapter 1: Kicktrix

Subchapter 3: Reflexology

Exercise 21: Tempo = 180BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of four measures of a continuous eighth-note pattern. The L.H. part consists of four measures of a continuous eighth-note pattern. The R.F. part consists of four measures of a continuous eighth-note pattern. The L.F. part consists of four measures of a continuous eighth-note pattern. The score is enclosed in a double bar line on both ends.



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Chapter 1: Kicktrix

Subchapter 3: Reflexology

Exercise 22: Tempo = 180BPM

Music Engraving by Steve Ferraro

The musical score is written on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. staff contains four measures of a continuous eighth-note pattern, each measure consisting of four notes. The L.H. staff shows a pattern of eighth notes with a 'z' symbol above them, indicating a specific sound or effect. The R.F. and L.F. staves are mostly empty, with the instruction 'Improvise foot patterns from Ex. 15-21!' centered between them. The time signature is 4/4, and the tempo is 180BPM. The score is enclosed in a double bar line on both ends.

Ex. 22 is an improvisation using various foot patterns taken from Ex. 15-21.

Try switching the left foot to different pedals to create grooves with different sounds. For example, switch your left foot to the hi-hat to create totally different-sounding grooves, even though the pattern remains the same.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 4: Foot Fetish Exercise 23: Tempo = 120BPM

The musical notation is arranged in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a sequence of eighth-note chords, each marked with an 'x' above it. The L.H. staff contains a sequence of quarter notes, each marked with a 'z' above it. The R.F. staff contains a sequence of quarter notes. The L.F. staff contains a sequence of eighth-note pairs, each marked with an 'x' above it. The notation is divided into two measures by a vertical line. The first measure contains four groups of notes, and the second measure contains four groups. The notation ends with a double bar line and a colon, followed by the text 'etc.'.

Also reverse foot pattern: LRR, LRR, LRR, LRR, ...



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 24: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The piece is divided into two measures by a vertical line. The first measure contains four groups of notes, and the second measure contains four groups of notes. The R.H. staff uses 'x' marks to indicate drum hits. The L.H. staff uses 'z' marks to indicate drum hits. The R.F. and L.F. staves show the foot patterns, with the L.F. staff having a double line underneath the notes. A repeat sign is at the end of the second measure.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 25: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The score is divided into two measures by a vertical line. The first measure contains four groups of notes, each with a bracket above it. The second measure contains four groups of notes, each with a bracket above it. The R.H. staff uses 'x' marks to indicate drum hits. The L.H. staff uses 'z' marks to indicate drum hits. The R.F. and L.F. staves use dots to indicate foot hits. The tempo is 120BPM.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 26: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The score is divided into two measures by a vertical line. The first measure contains four groups of notes, and the second measure contains four groups of notes. The R.H. staff shows a sequence of eighth notes with beams, and the L.H. staff shows a sequence of quarter notes with beams. The R.F. and L.F. staves show a sequence of eighth notes with beams, indicating a complex foot technique. The tempo is marked as 120BPM.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 27: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The score is divided into two measures by a vertical line. The first measure contains four groups of notes, and the second measure contains four groups of notes. The R.H. staff uses 'x' marks to indicate drum hits. The L.H. staff uses 'z' marks to indicate drum hits. The R.F. and L.F. staves show foot patterns with stems and dots. A repeat sign is at the end of the second measure.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 28: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eighth-note patterns with 'x' marks above them, indicating sticktrix. The L.H. part consists of quarter notes with 'z' marks above them, indicating foottrix. The R.F. and L.F. parts consist of eighth-note patterns with stems pointing up and down, indicating foot movements. The score is divided into two measures by a vertical line, and the second measure is repeated, as indicated by a double bar line and a repeat sign.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 29: Tempo = 120BPM

The musical notation is arranged in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a sequence of eighth notes with beams, starting with a double bar line and ending with a repeat sign. The L.H. staff contains a sequence of quarter notes with beams, also starting with a double bar line and ending with a repeat sign. The R.F. and L.F. staves contain a sequence of eighth notes with beams, starting with a double bar line and ending with a repeat sign. The tempo is 120BPM. The notation is divided into two measures by a vertical line. The first measure contains four eighth notes in the R.H. staff, four quarter notes in the L.H. staff, and four eighth notes in the R.F. and L.F. staves. The second measure contains four eighth notes in the R.H. staff, four quarter notes in the L.H. staff, and four eighth notes in the R.F. and L.F. staves. The notation ends with a repeat sign and the word "etc." below the L.F. staff.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 4: Foot Fetish Exercise 30: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains rhythmic patterns of eighth notes with 'x' marks above them, indicating sticktrix. The L.H. staff contains quarter notes with 'z' marks above them, indicating foottrix. The R.F. and L.F. staves contain eighth notes with stems, indicating foot patterns. The score is divided into two measures by a vertical line. The first measure consists of four groups of eighth notes, and the second measure consists of four groups of eighth notes. The score ends with a double bar line and the word 'etc.'.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 31: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a sequence of eighth notes with beams, starting with a double bar line. The L.H. staff contains a sequence of quarter notes with beams, also starting with a double bar line. The R.F. and L.F. staves contain a sequence of eighth notes with beams, starting with a double bar line. The score is divided into two measures by a vertical line. The first measure consists of the first four eighth notes in each staff. The second measure consists of the next four eighth notes in each staff. The score ends with a double bar line and the word "etc." to the right.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 4: Foot Fetish Exercise 32: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a sequence of eighth notes with beams, divided into two groups of four. The L.H. staff contains a sequence of quarter notes with beams, also divided into two groups of four. The R.F. and L.F. staves contain a sequence of eighth notes with beams, divided into two groups of four. The score is enclosed in a large bracket on the right side, with a colon and the word "etc." below it.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 4: Foot Fetish Exercise 33: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a sequence of eighth notes with beams, starting with a double bar line and ending with a repeat sign. The L.H. staff contains a sequence of quarter notes with beams, also starting with a double bar line and ending with a repeat sign. The R.F. and L.F. staves contain a sequence of eighth notes with beams, starting with a double bar line and ending with a repeat sign. The tempo is marked as 120BPM. The score is divided into two measures by a vertical line. The first measure contains four eighth notes in each hand, and the second measure contains four eighth notes in each hand. The score ends with a double bar line and the word "etc." below it.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 34: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a sequence of eighth notes with beams, starting with a double bar line and ending with a repeat sign. The L.H. staff contains a sequence of quarter notes with beams, also starting with a double bar line and ending with a repeat sign. The R.F. and L.F. staves contain a sequence of eighth notes with beams, starting with a double bar line and ending with a repeat sign. The tempo is marked as 120BPM. The score is divided into two measures by a vertical line. The first measure contains four eighth notes in each hand, and the second measure contains four eighth notes in each hand. The score ends with a double bar line and the word "etc." below it.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 35: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The score is divided into two measures by a vertical line. The first measure contains four groups of notes, and the second measure contains four groups of notes. The R.H. staff uses 'x' marks to indicate drum hits. The L.H. staff uses 'z' marks to indicate drum hits. The R.F. and L.F. staves show foot patterns with stems and dots. A repeat sign is at the end of the second measure.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 36: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The score is divided into two measures by a vertical line. The first measure contains four groups of notes, and the second measure contains four groups of notes. The R.H. staff uses 'x' marks to indicate drum hits. The L.H. staff uses 'z' marks to indicate drum hits. The R.F. and L.F. staves show foot patterns with stems and dots. A repeat sign is at the end of the second measure.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 37: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a sequence of eighth notes with beams, divided into two groups of four. The L.H. staff contains a sequence of quarter notes with beams, also divided into two groups of four. The R.F. and L.F. staves contain a sequence of eighth notes with beams, divided into two groups of four. The score is enclosed in a double bar line on both sides, with a repeat sign (two dots) at the end of the R.H. staff.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 38: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eighth-note patterns with 'x' marks above them, indicating sticktrix. The L.H. part consists of quarter notes with 'z' marks above them, indicating foottrix. The R.F. and L.F. parts consist of eighth-note patterns with stems pointing up and down, indicating foot movements. The score is divided into two measures by a vertical line, and the second measure is repeated, as indicated by a double bar line and a repeat sign.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

Exercise 39: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eighth-note patterns with 'x' marks above them, indicating sticktrix. The L.H. part consists of quarter notes with 'z' marks above them, indicating foottrix. The R.F. and L.F. parts consist of eighth-note patterns with stems pointing up and down respectively. The score is divided into two measures by a vertical line, and the second measure is repeated, indicated by a double bar line and a repeat sign.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 4: Foot Fetish Exercise 40: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of eighth-note patterns with 'x' marks above them, indicating sticktrix. The L.H. part consists of quarter notes with 'z' marks above them, indicating foottrix. The R.F. and L.F. parts consist of eighth-note patterns with stems, indicating foottrix. The score is divided into two measures by a vertical line. The first measure contains four groups of eighth notes, and the second measure contains four groups of eighth notes. The score ends with a double bar line and the word 'etc.'.



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Music Engraving by Steve Ferraro

Chapter 1: Kicktrix Subchapter 4: Foot Fetish Exercise 41: Tempo = 120BPM

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a sequence of eighth notes with beams, some marked with an 'x'. The L.H. staff contains a sequence of quarter notes with a 'z' symbol above them. The R.F. and L.F. staves contain a sequence of eighth notes with stems, some marked with an 'x'. The score is divided into two measures by a vertical line. The first measure contains 8 eighth notes in each hand, and the second measure contains 8 eighth notes in each hand. The score ends with a double bar line and the word 'etc.'.



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*Note: This exercise does not appear on the DVD.

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Chapter 1: Kicktrix

Subchapter 4: Foot Fetish

*Exercise 42: Tempo = 120BPM

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5's + 6's

R.H.

L.H.

R.F.

L.F.

$\frac{4}{4}$

etc.



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Chapter 1: Kicktrix

Subchapter 5: Steel Toes

Exercises 43-50



Music Engraving by
Steve Ferraro

Exercise 43: Tempo = 210BPM

Exercise 44: Tempo = 215BPM

R.F. 4/4
L.F. 4/4

Exercise 45: Tempo = 215BPM

R.F. 5/8
L.F. 5/8

Exercise 46: Tempo = 215BPM

R.F. 6/8
L.F. 6/8

Exercise 47: Tempo = 215BPM

R.F. 6/8
L.F. 6/8

Exercise 48: Tempo = 220BPM

R.F. 7/8
L.F. 7/8

Exercise 49: Tempo = 220BPM

R.F. 4/4
L.F. 4/4

Exercise 50: Tempo = 220BPM

R.F. 4/4
L.F. 4/4



*Note: This exercise does not appear on the DVD.

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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

*Exercise 51: Tempo = 220BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures, each with a bracketed pair of 'x' marks. The L.H. staff contains two measures, each with a single note and a bracketed pair of 'x' marks. The R.F. and L.F. staves contain a complex rhythmic pattern of notes and rests, with accents (>) under the notes. The R.F. staff has notes on the first and second lines of the staff, while the L.F. staff has notes on the first and second lines of the staff. The pattern repeats every four measures.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 52: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures, each with a bracketed eighth-note pair. The L.H. staff contains two measures, each with a quarter note. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes and sixteenth notes, with vertical lines connecting notes between the two staves. The score is enclosed in a double bar line with repeat dots.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 53: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each with a bracket above it. The L.H. staff contains two measures of rests, each with a bracket above it. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes and sixteenth notes, with accents (>) and slurs (>) indicating specific techniques. The R.F. staff has a dotted quarter note followed by an eighth note, and the L.F. staff has a dotted quarter note followed by an eighth note. The pattern repeats every two measures. The score ends with a double bar line and a repeat sign (:).



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 54: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. part consists of four measures, each containing a pair of eighth notes beamed together, with an 'x' mark above each note. The L.H. part consists of four measures, each containing a single eighth note with a 'z' mark above it. The R.F. part consists of four measures, each containing a pair of eighth notes beamed together. The L.F. part consists of four measures, each containing a pair of eighth notes beamed together. The R.F. and L.F. parts are written on a single staff with a double line. The tempo is 210BPM.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 55: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of eighth-note pairs, each with a bracket above it. The L.H. staff contains four measures, each with a single eighth note and a brace above it. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes, with the L.F. staff having a double line below it. The pattern repeats every two measures. The score ends with a double bar line and the word "etc." to the right.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 56: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of eighth-note pairs, each with a bracket above it. The L.H. staff contains two measures of eighth notes, each with a brace above it. The R.F. and L.F. staves contain a continuous sequence of eighth notes, with the R.F. staff having a dot above each note and the L.F. staff having a dot below each note. The score is enclosed in a double bar line on both sides.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 57: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each marked with an 'x' at the beginning and end. The L.H. staff contains two measures of rests, each marked with a 'z' at the beginning and end, and two measures of quarter notes. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes and sixteenth notes, with vertical lines connecting the notes between the two staves. The score is enclosed in a double bar line on both sides.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 58: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each with a bracket above it. The L.H. staff contains four measures, each with a single eighth note and a brace above it. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes and rests, with vertical lines connecting notes between the two staves. The pattern repeats every four measures. The score ends with a double bar line and the word "etc." to the right.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 59: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each with a bracket above it. The L.H. staff contains four measures, each with a single quarter note and a brace above it. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes and sixteenth notes, with accents (>) and slurs (>) indicating the foot technique. The score is enclosed in a double bar line on both ends.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 60: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of eighth-note pairs, each with a bracket above it. The L.H. staff contains two measures of quarter notes, each with a brace above it. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes and rests, with accents (>) under the notes. The R.F. staff has a double line below it, and the L.F. staff has a triple line below it. The score is enclosed in a double bar line on both ends.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 61: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each with a bracket above it. The L.H. staff contains four measures, each with a single eighth note and a brace above it. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes and rests, with the L.F. staff having a double line below it. The score is enclosed in a double bar line on both ends.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 62: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of eighth-note pairs, each with a bracket above it. The L.H. staff contains four measures, each with a single eighth note and a brace above it. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes, with the R.F. staff having a dotted quarter note and the L.F. staff having a quarter note. The pattern repeats every two measures. The score ends with a double bar line and the word "etc.".



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 63: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is arranged in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each marked with an 'x' at the beginning and end. The L.H. staff contains two measures of rests, each marked with a 'z' at the beginning and end, and two measures of quarter notes. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes and sixteenth notes, with accents (>) under the notes. The pattern repeats every four measures. The score ends with a double bar line and the text 'etc.'.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 64: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each marked with an 'x' at the beginning and end. The L.H. staff contains four measures, each with a single quarter note and a brace above it. The R.F. and L.F. staves contain a complex rhythmic pattern of eighth notes and sixteenth notes, with vertical lines connecting notes between the two staves. The pattern repeats every four measures. The score ends with a double bar line and the text 'etc.'.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercises 65A-65C: Tempo = 140BPM

Music Engraving by Steve Ferraro

The musical score is presented on a grand staff with four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 6/8, indicated by a '6' over an '8' on the R.F. staff. The R.H. staff contains four measures, each with a bracketed eighth-note pair and an 'x' at the end of the pair. The L.H. staff contains two measures, each with a single eighth note. The R.F. and L.F. staves are empty, with the instruction 'Improvise foot patterns from Ex. 51-64!' centered in each. The score is enclosed in a double-line border.

Ex. 65A-C are improvisations using various foot patterns taken from ex. 51-64 in a 6/8 feel.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 66: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is presented on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. staff contains a sequence of eight eighth-note beamed pairs, each with an 'x' above it, indicating a specific foot pattern. The L.H. staff contains a sequence of eighth notes, alternating between a note with a 'z' above it and a note with a dot above it. The R.F. and L.F. staves are mostly empty, with the instruction 'Improvise foot patterns from Ex. 51-64!' written in the center of each. The time signature is 4/4, indicated by a '4' over a '4' on the R.F. staff. The score is divided into two measures by a vertical line, and ends with a double bar line and a repeat sign on the right.

Ex. 66 is an improvisation using various foot patterns taken from Ex. 51-64 in a 4/4 feel.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 67: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is presented on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. staff contains a sequence of eight eighth-note beamed pairs, each with an 'x' above it, indicating a specific foot pattern. The L.H. staff contains a sequence of eighth notes, alternating between a grace note and a quarter note. The R.F. and L.F. staves are empty, with the instruction 'Improvise foot patterns from Ex. 51-64!' centered in each. The time signature is 4/4, and the piece concludes with a repeat sign.

Ex. 67 is an improvisation using various foot patterns taken from Ex. 51-64 in a double-time feel.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

Exercise 68: Tempo = 130BPM



Music Engraving by Steve Ferraro

The musical score is arranged in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. staff contains eight groups of sixteenth-note triplets, each marked with a '6' above it. The L.H. staff contains a sequence of notes and rests, with a '4/4' time signature indicated on the left. The R.F. and L.F. staves are labeled 'Improvise foot patterns from Ex. 51-64!' and are separated from the other staves by a vertical line. A double bar line is present at the end of the R.H. staff.

Ex. 68 is an improvisation using various foot patterns taken from Ex. 51-64 in a 16th-note triplet feel.



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*Note: This exercise does not appear on the DVD.

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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

*Exercise 69A: Tempo = 130BPM

Music Engraving by Steve Ferraro

The musical score is arranged in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a sequence of eight eighth-note triplets, each marked with an 'x'. The L.H. staff contains a sequence of eighth notes, with the first and last notes of each pair marked with a 'y'. The R.F. staff contains a sequence of eighth notes, with the first and last notes of each pair marked with a 'y'. The L.F. staff contains a sequence of eighth notes, with the first and last notes of each pair marked with a 'y'. The score is divided into two measures by a vertical line. The first measure contains four eighth notes in the R.F. and L.F. staves, with the first two marked with a 'y'. The second measure contains four eighth notes in the R.F. and L.F. staves, with the first two marked with a 'y'. The score is marked with a 4/4 time signature and a repeat sign at the end.



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Chapter 1: Kicktrix

Subchapter 6: Triebwerk

*Exercise 69B



Music Engraving by Steve Ferraro

*Note: This exercise does not appear on the DVD.

"Moonrock" groove

The musical score is presented on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains a series of 'x' marks indicating drum hits. The L.H. staff contains a sequence of eighth notes with accents. The R.F. staff contains a sequence of eighth notes. The L.F. staff contains a sequence of eighth notes with triplets and accents. The score is divided into two measures by a vertical line, and ends with a repeat sign. The first measure of the R.F. staff consists of eight eighth notes: G4, A4, B4, C5, B4, A4, G4, F4. The first three notes (G4, A4, B4) are grouped as a triplet. The second measure of the R.F. staff consists of eight eighth notes: G4, A4, B4, C5, B4, A4, G4, F4. The first three notes (G4, A4, B4) are grouped as a triplet. The L.F. staff follows a similar pattern, with the first three notes of each measure grouped as a triplet.



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Chapter 1: Kicktrix Subchapter 7: Moonboots Exercise 70: Tempo = 215BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each with a bracket above it. The L.H. staff contains four measures of rests, each with a bracket above it. The R.F. staff contains four measures of eighth notes, each with a bracket above it. The L.F. staff contains four measures of eighth notes, each with a bracket above it. The tempo is 215BPM.



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Chapter 1: Kicktrix

Subchapter 7: Moonboots

Exercise 71: Tempo = 215BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each with a bracket above it. The L.H. staff contains four measures, each with a single eighth note and a 'k' symbol above it. The R.F. and L.F. staves contain four measures of eighth notes, with a 'k' symbol above the first note of each measure. The R.F. staff notes are on the first and second lines, while the L.F. staff notes are on the first and second spaces. The score is enclosed in a double bar line on both ends.



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Chapter 1: Kicktrix

Subchapter 7: Moonboots

Exercise 72: Tempo = 210BPM



Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each with a bracket above it. The L.H. staff contains four measures, each with a single eighth note and a 'z' symbol above it. The R.F. staff contains four measures, each with a single eighth note and a 'z' symbol above it. The L.F. staff contains four measures, each with a single eighth note and a 'z' symbol above it. The notes in the R.F. and L.F. staves are beamed together in pairs. The score is enclosed in a double bar line on both ends.



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*Note: This exercise does not appear on the DVD.

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Chapter 1: Kicktrix

Subchapter 7: Moonboots

*Exercise 73: Tempo = 125BPM

Music Engraving by Steve Ferraro

Unison 8ths M.P.O - "Accuracy Test"

The musical notation is arranged in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of eighth notes, each with a bracket above it. The L.H. staff contains four measures of eighth notes, each with a hi-hat symbol above it. The R.F. staff contains four measures of eighth notes, each with a bracket above it. The L.F. staff contains four measures of eighth notes, each with a bracket above it. The exercise is marked with a repeat sign at the end.

Jump from kick to hi-hat pedal with each foot. Make sure every stroke and kick is even and played precisely at the same volume.



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Chapter 1: Kicktrix

Subchapter 8: Candy For Your Heels

Exercise 74

Music Engraving by Steve Ferraro

M.P.O. Notation Key:

	●	= Pedal #1
	◆	= Pedal #2
	■	= Pedal #3

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Chapter 1: Kicktrix

Subchapter 8: Candy For Your Heels

Exercise 75: Tempo = 105BPM



Music Engraving by Steve Ferraro

The musical score is written on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of chords, each marked with an 'x' at the beginning and end. The L.H. staff contains two measures of chords, each marked with a 'z' at the beginning and end. The R.F. staff contains four measures of notes, each marked with a diamond symbol. The L.F. staff contains four measures of notes, each marked with a circle symbol. The score is enclosed in a double bar line on both sides.

M.P.O. Notation Key:

	= Pedal #1
	= Pedal #2
	= Pedal #3



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Chapter 1: Kicktrix

Subchapter 8: Candy For Your Heels

Exercise 76



Music Engraving by Steve Ferraro

Musical notation for Exercise 76, featuring four staves: R.H., L.H., R.F., and L.F. The time signature is 4/4. The R.H. staff shows four measures of chords, each marked with an 'x' at the beginning and end. The L.H. staff shows four measures of single notes, each marked with a 'z' at the beginning and end. The R.F. staff shows four measures of notes, each marked with a solid circle (Pedal #1) and a diamond (Pedal #2). The L.F. staff shows four measures of notes, each marked with a solid circle (Pedal #1), a diamond (Pedal #2), and a solid square (Pedal #3). The notation is enclosed in a double bar line.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3

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Chapter 1: Kicktrix

Subchapter 8: Candy For Your Heels

Exercise 77



Music Engraving by Steve Ferraro

Musical notation for Exercise 77, showing four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff shows four measures of a rhythmic pattern with 'x' marks. The L.H. staff shows a rhythmic pattern with 'x' marks. The R.F. staff shows a rhythmic pattern with Pedal #1 (solid circle) and Pedal #2 (diamond) markings. The L.F. staff shows a rhythmic pattern with Pedal #3 (solid circle) markings. The notation is repeated four times, followed by 'etc.'.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
●	= Pedal #3



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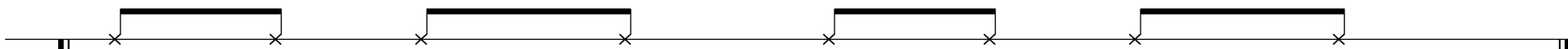


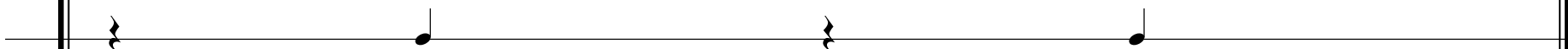
Chapter 1: Kicktrix


Subchapter 8: Candy For Your Heels

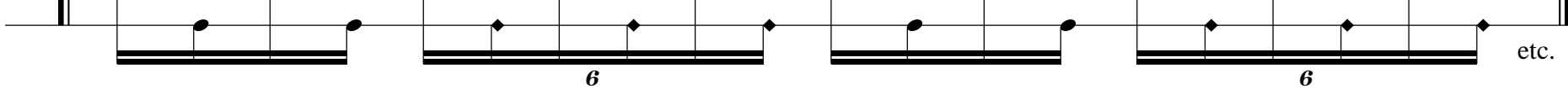
Exercise 78

Music Engraving by Steve Ferraro

R.H. 

L.H. 




R.F. 

L.F. 

etc.

$\frac{4}{4}$

M.P.O. Notation Key:

	= Pedal #1
	= Pedal #2
	= Pedal #3



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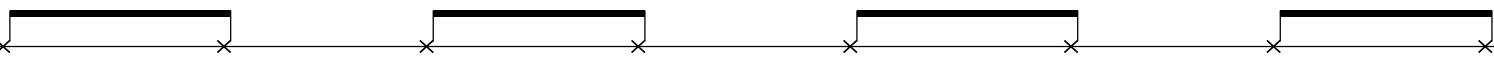
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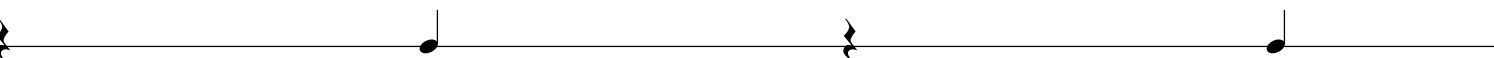
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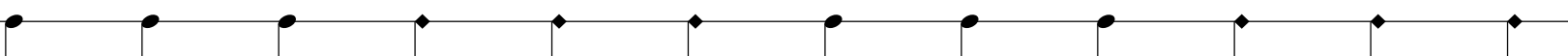
Exercise 79

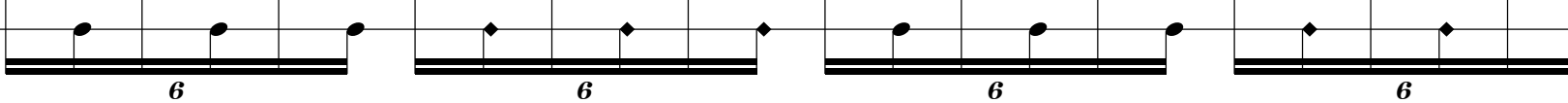


Music Engraving by Steve Ferraro

R.H. 

L.H. 




R.F. 

L.F. 

etc.

$\frac{4}{4}$

M.P.O. Notation Key:

	= Pedal #1
	= Pedal #2
	= Pedal #3



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Chapter 1: Kicktrix

Subchapter 8: Candy For Your Heels

Exercise 80



Music Engraving by Steve Ferraro

Start with one-bar patterns and jump onto different pedals every bar. Do this in 16th's and 16th-note triplets, then just "shorten" the phrases.

M.P.O. Notation Key:

	●	= Pedal #1
	◆	= Pedal #2
	◐	= Pedal #3



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Chapter 1: Kicktrix Subchapter 8: Candy For Your Heels Exercise 81

Music Engraving by Steve Ferraro

The musical score is written on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of chords, each marked with an 'x' at the beginning and end. The L.H. staff contains two measures of chords, each marked with a curly brace. The R.F. staff contains four measures of notes, each marked with a solid black circle (Pedal #1). The L.F. staff contains four measures of notes, each marked with a solid black diamond (Pedal #2) and a solid black square (Pedal #3). The notes in the R.F. and L.F. staves are connected by vertical lines, indicating a continuous pedal effect. The score is enclosed in a double bar line at the beginning and end.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3



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Chapter 1: Kicktrix

Subchapter 8: Candy For Your Heels

Exercise 82



Music Engraving by Steve Ferraro

The musical score is written on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each with a bracket above it. The L.H. staff contains four measures, each with a single eighth note and a fermata above it. The R.F. staff contains four measures, each with a single eighth note. The L.F. staff contains four measures, each with a complex rhythmic pattern involving multiple notes and rests, with a fermata above the final note of each measure. The score is enclosed in a double bar line at the beginning and end.

M.P.O. Notation Key:

	= Pedal #1
	= Pedal #2
	= Pedal #3



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Chapter 1: Kicktrix

Subchapter 8: Candy For Your Heels

Exercise 83



Music Engraving by Steve Ferraro

The musical score is written on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff shows four measures of chords, each with an 'x' at the beginning and end, indicating a specific technique. The L.H. staff shows a sequence of notes with accents. The R.F. staff shows a sequence of notes with accents. The L.F. staff shows a sequence of notes with accents and two measures marked with a '6', indicating a sixteenth-note pattern. The score is enclosed in a double bar line.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3



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Chapter 1: Kicktrix Subchapter 8: Candy For Your Heels Exercise 84

Music Engraving by Steve Ferraro

The musical score is written on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of chords, each marked with an 'x' at the beginning and end. The L.H. staff contains two measures of chords, each marked with a curly brace. The R.F. staff contains four measures of notes, each marked with a diamond symbol. The L.F. staff contains four measures of notes, each marked with a circle symbol. The first two measures of the L.F. staff have a double bar line below them, indicating a pedal point. The score ends with a double bar line and a repeat sign.

M.P.O. Notation Key:

	= Pedal #1
	= Pedal #2
	= Pedal #3



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Chapter 1: Kicktrix Subchapter 8: Candy For Your Heels Exercise 85

Music Engraving by Steve Ferraro

The musical score is written on four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each with a bracket above it. The L.H. staff contains four measures of rests, each with a bracket above it. The R.F. staff contains four measures of notes, each with a diamond-shaped pedal symbol above it. The L.F. staff contains four measures of notes, each with a solid black pedal symbol above it. The score is enclosed in a double bar line at the beginning and end.

M.P.O. Notation Key:

	= Pedal #1
	= Pedal #2
	= Pedal #3

7's

R.H.
L.H.

R.F.
L.F.

etc.

etc.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 9: Tibialis Anterior

*Exercises 95-96



Music Engraving by Steve Ferraro

*Note: These exercises do not appear on the DVD.

9's M.P.O. (4 sounds)

R.F. 9
L.F. 8

The notation shows two staves. The right foot staff has a treble clef and a 9/8 time signature. The left foot staff has a bass clef and an 8/8 time signature. The music consists of eighth notes with various pedal markings (dots, diamonds, and squares) above and below the notes.

Play 1-8 patterns & cycles on top of 9/8 M.P.O.

10's M.P.O. (4 sounds)

R.F. 10
L.F. 16

The notation shows two staves. The right foot staff has a treble clef and a 10/16 time signature. The left foot staff has a bass clef and a 16/16 time signature. The music consists of eighth notes with various pedal markings (dots, diamonds, and squares) above and below the notes.

Play 1-8 patterns & cycles on top of 10/16 M.P.O.

M.P.O. Notation Key:

	= Pedal #1
	= Pedal #2
	= Pedal #3



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 10: Mano A Mano

Exercise 97



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

Singles

Doubles

R.H.
L.H.

R.F.
L.F.

3's etc.

3's - alternate sticking etc.

R.H.
L.H.

R.F.
L.F.

4's - paradiddles

5's etc.

R.H.
L.H.

R.F.
L.F.

6's - double paradiddles etc.

7's etc.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 10: Mano A Mano

Exercise 98



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

Singles

Doubles

R.H.
L.H.

R.F.
L.F.

3's etc.

3's - alternate sticking etc.

R.H.
L.H.

R.F.
L.F.

4's - paradiddles

5's etc.

R.H.
L.H.

R.F.
L.F.

6's - double paradiddles etc.

7's etc.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 10: Mano A Mano



*Note: This exercise does not appear on the DVD.

*Exercise 99

Music Engraving by Steve Ferraro

3's

R.H. L.H. etc. etc.

R.F. L.F. Singles Doubles

R.H. L.H. etc. etc.

R.F. L.F. 3's etc. 3's - alternate sticking etc.

R.H. L.H. etc. etc.

R.F. L.F. 4's - paradiddles 5's etc.

R.H. L.H. etc. etc.

R.F. L.F. 6's - double paradiddles etc. 7's etc.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 10: Mano A Mano



Music Engraving by Steve Ferraro

*Note: This exercise does not appear on the DVD.

*Exercise 100

4's - paradiddles

R.H. L.H.

R.F. L.F.

Singles

Doubles

R.H. L.H.

R.F. L.F.

3's etc.

3's - alternate sticking etc.

R.H. L.H.

R.F. L.F.

4's - paradiddles

5's etc.

R.H. L.H.

R.F. L.F.

6's - double paradiddles etc.

7's etc.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 10: Mano A Mano



Music Engraving by Steve Ferraro

*Note: This exercise does not appear on the DVD.

*Exercise 101

5's

R.H. L.H. etc. etc.

R.F. L.F. Singles Doubles

R.H. L.H. etc. etc.

R.F. L.F. 3's etc. 3's - alternate sticking etc.

R.H. L.H. etc. etc.

R.F. L.F. 4's - paradiddles 5's etc.

R.H. L.H. etc. etc.

R.F. L.F. 6's - double paradiddles etc. 7's etc.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 10: Mano A Mano

*Exercise 102 - Counting Exercise



Music Engraving by Steve Ferraro

*Note: This exercise does not appear on the DVD.

Count & play this:

R.H. L.H. :|: x | x | x | x | :|

R.F. L.F. :|: 1 2 3 1 2 3 1 2 3 1 2 3 :|

3 3 3 3

Then count:

a)

R.H. L.H. :|: x | x | x | x | :|

R.F. L.F. :|: 1 2 3 4 1 2 3 4 1 2 3 4 :|

3 3 3 3

b)

R.H. L.H. :|: 5/4 x | x | x | x | :| etc.

R.F. L.F. :|: 5/4 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 :|

3 3 3 3 3

c)

R.H. L.H. :|: 7/4 x | x | x | x | :| etc.

R.F. L.F. :|: 7/4 1 2 3 4 5 6 7 1 2 3 4 5 6 7 1 2 3 4 5 6 7 :|

3 3 3 3 3 3

NOTES:

- > COUNT OUT LOUD while you're playing
- > Switch "counting patterns" while you're playing from a) to b) to c) to a) to c) etc.
- > Do this with ALL foot-ostinato exercises



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 11: Independence Day

Exercise 103A: Tempo = 210BPM



Music Engraving by Steve Ferraro

R.H.
L.F.

Singles

Singles (reversed)

Doubles

R.H.
L.F.

3's etc.

3's - alternate sticking etc.

R.H.
L.F.

4's - paradiddles

5's etc.

R.H.
L.F.

6's - double paradiddles etc.

7's etc.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 11: Independence Day

Exercise 103B: Tempo = 210BPM



Music Engraving by Steve Ferraro

L.H.
L.F.

R.H.
R.F.

Singles

Singles (reversed)

Doubles

L.H.
L.F.

R.H.
R.F.

3's etc.

3's - alternate sticking etc.

L.H.
L.F.

R.H.
R.F.

4's - paradiddles

5's etc.

L.H.
L.F.

R.H.
R.F.

6's - double paradiddles etc.

7's etc.



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*Note: This exercise does not appear on the DVD.

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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 11: Independence Day

*Exercise 104A: Tempo = 135BPM

Music Engraving by Steve Ferraro

R.H.
L.F.

Singles

Singles (reversed)

Doubles

R.H.
L.F.

3's

etc.

3's - alternate sticking

etc.

R.H.
L.F.

4's - paradiddles

5's

etc.

R.H.
L.F.

6's - double paradiddles

etc.

7's

etc.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 11: Independence Day

Exercise 104B: Tempo = 135BPM



Music Engraving by Steve Ferraro

L.H.
L.F.

R.H.
R.F.

Singles

Singles (reversed)

Doubles

L.H.
L.F.

R.H.
R.F.

3's

etc.

3's - alternate sticking

etc.

L.H.
L.F.

R.H.
R.F.

4's - paradiddles

5's

etc.

L.H.
L.F.

R.H.
R.F.

6's - double paradiddles

etc.

7's

etc.



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*Note: This exercise does not appear on the DVD.

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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 11: Independence Day

*Exercise 105B: Tempo = 135BPM

Music Engraving by Steve Ferraro

3's

L.H. L.F. : : : etc. etc. etc.

R.H. R.F. Singles Singles (reversed) Doubles

L.H. L.F. : : : etc. etc.

R.H. R.F. 3's etc. 3's - alternate sticking etc.

L.H. L.F. : : : etc. etc.

R.H. R.F. 4's - paradiddles 5's etc.

L.H. L.F. : : : etc. etc.

R.H. R.F. 6's - double paradiddles etc. 7's etc.



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*Note: This exercise does not appear on the DVD.

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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 11: Independence Day

Music Engraving by Steve Ferraro

*Exercise 106: Tempo = 135BPM

4's - paradiddles

R.H. L.F. Singles Singles (reversed) Doubles

L.H. R.F.

R.H. L.F. 3's etc. 3's - alternate sticking etc.

L.H. R.F.

R.H. L.F. 4's - paradiddles 5's etc.

L.H. R.F.

R.H. L.F. 6's - double paradiddles etc. 7's etc.

L.H. R.F.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 11: Independence Day

Exercise 108: Tempo = 135BPM



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 12: Hi-Res Rhythms

Exercise 109: Tempo = 100BPM



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 12: Hi-Res Rhythms

Exercise 110: Tempo = 100BPM



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 12: Hi-Res Rhythms

Exercise 111: Tempo = 100BPM



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 12: Hi-Res Rhythms

Exercise 112: Tempo = 100BPM



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 12: Hi-Res Rhythms

Exercise 113: Tempo = 100BPM



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 12: Hi-Res Rhythms

Exercise 114: Tempo = 100BPM



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

6 6 6 6 6 6 6 6

R.H.
L.H.

R.F.
L.F.

3 3 3 3 6 6 6 6

R.H.
L.H.

R.F.
L.F.

5 5 5 5 6 6 6 6 6 6 6 6

R.H.
L.H.

R.F.
L.F.

7 7 7 7 6 6 6 6 6 6 6 6



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*Note: This exercise does not appear on the DVD.

Chapter 2: Coordination, Independence, & Interdependence

Subchapter 12: Hi-Res Rhythms

*Exercise 115: Tempo = 100BPM

Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.



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*Note: This exercise does not appear on the DVD.

Chapter 2: Coordination, Independence, & Interdependence

Subchapter 12: Hi-Res Rhythms

*Exercise 116: Tempo = 100BPM

Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

3

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

5

R.H.
L.H.

R.F.
L.F.

6

R.H.
L.H.

R.F.
L.F.

The first system of music consists of two staves. The upper staff is labeled 'R.H.' and 'L.H.' and contains a melody of eighth notes. The melody is divided into four groups, each marked with a '7' above it, indicating a seven-note sequence. The lower staff is labeled 'R.F.' and 'L.F.' and contains a bass line with eighth notes, organized into four groups corresponding to the groups in the right hand. The system begins and ends with repeat signs.

R.H.
L.H.

R.F.
L.F.

The second system of music consists of two staves. The upper staff is labeled 'R.H.' and 'L.H.' and contains a melody of eighth notes, identical in structure to the first system. The lower staff is labeled 'R.F.' and 'L.F.' and contains a bass line with eighth notes, also identical in structure to the first system. The system begins and ends with repeat signs.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 13: Matrushka Doll



Music Engraving by Steve Ferraro

Exercise 117-120: Tempo = 100BPM

Exercise 117

Exercise 117 musical notation. R.H. staff: continuous eighth-note patterns. L.H. staff: triplets of eighth notes. R.F. and L.F. staves: eighth-note patterns.

Exercise 118

Exercise 118 musical notation. R.H. staff: continuous eighth-note patterns. L.H. staff: triplets of eighth notes. R.F. and L.F. staves: eighth-note patterns.

Exercise 119

Exercise 119 musical notation. R.H. staff: continuous eighth-note patterns. L.H. staff: eighth-note patterns. R.F. and L.F. staves: eighth-note patterns with triplets.

Exercise 120

Exercise 120 musical notation. R.H. staff: eighth-note patterns. L.H. staff: eighth-note patterns with a note change. R.F. and L.F. staves: eighth-note patterns with triplets.

Move left hand between different instruments



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 13: Matrushka Doll



Music Engraving by Steve Ferraro

Exercise 121-124: Tempo = 100BPM

Exercise 121

R.H. Move right hand between different instruments

L.H. Move left hand between different instruments

R.F. 3

L.F. 3

Exercise 122

R.H. Move right hand between different instruments

L.H. Move left hand between different instruments

R.F. 3

L.F. 3

Exercise 123

R.H. 3

L.H. Move left hand between different instruments

R.F. 5

L.F. 5

Exercise 124

R.H. Move right hand between different instruments

L.H. 3

R.F. 5

L.F. 5

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Exercise 125

Exercise 125-128: Tempo = 100BPM

R.H. Move right hand between different instruments

L.H. Move left hand between different instruments

R.F. L.F.

5 5 5 5 5 5 5 5

Exercise 126

R.H. Move right hand between different instruments

L.H.

R.F. L.F.

5 5 5 5 5 5 5 5

Exercise 127

R.H. Move right hand between different instruments

L.H. Move left hand between different instruments

R.F. L.F.

6 6 6 6 6 6 6 6

Exercise 128

R.H.

L.H. Move left hand between different instruments

R.F. L.F.

6 6 6 6 6 6 6 6



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 14: Complete Skin Treatment



Music Engraving by Steve Ferraro

Exercise 129

Exercise 129-132

R.H. Move right hand between different toms

L.H.

R.F.

L.F.

Exercise 130

R.H. Move right hand between different toms

L.H.

R.F.

L.F.

Exercise 131

R.H. Move right hand between different instruments

L.H.

R.F.

L.F.

Exercise 132

R.H.

L.H.

R.F.

L.F.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 14: Complete Skin Treatment

Exercise 133

Exercise 133-136

R.H. Move right hand between different toms

L.H.

R.F.

L.F.

Exercise 134

R.H. Move right hand between different toms

L.H.

R.F.

L.F.

Exercise 135

R.H. Move right hand between different toms

L.H.

R.F.

L.F.

Exercise 136

R.H.

L.H.

R.F.

L.F.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 14: Complete Skin Treatment

Exercise 137A-137B



Music Engraving by Steve Ferraro

Exercise 137A

Musical notation for Exercise 137A, consisting of three staves: R.H. (Right Hand), L.H. (Left Hand), and R.F./L.F. (Right/Left Foot). The R.H. staff features a complex rhythmic pattern of eighth notes with accents, marked with 'x' symbols. The L.H. staff features a simpler eighth-note pattern with accents. The R.F./L.F. staff shows a simple quarter-note pattern. The exercise is divided into two measures by a vertical bar line. The R.H. staff ends with 'etc.'.

Exercise 137B

Musical notation for Exercise 137B, consisting of three staves: R.H. (Right Hand), L.H. (Left Hand), and R.F./L.F. (Right/Left Foot). The R.H. staff features a complex rhythmic pattern of eighth notes with accents, marked with 'x' symbols. The L.H. staff features a simpler eighth-note pattern with accents. The R.F./L.F. staff shows a simple quarter-note pattern. The exercise is divided into two measures by a vertical bar line.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 15: Membranophonics



Music Engraving by Steve Ferraro

Exercise 138

Singles

Doubles

4's - paradiddles 5's

6's - double paradiddles 7's



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 15: Membranophonics



Music Engraving by Steve Ferraro

Exercise 139

Singles

R.H.
L.H.

R.F.
L.F.

Doubles

R.H.
L.H.

R.F.
L.F.

4's - paradiddles

5's

R.H.
L.H.

R.F.
L.F.

6's - double paradiddles

7's

R.H.
L.H.

R.F.
L.F.

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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 15: Membranophonics



Exercise 140

Music Engraving by Steve Ferraro

Singles

R.H. L.H. R.F. L.F.

R.H. L.H. R.F. L.F.

Doubles

R.H. L.H. R.F. L.F.

R.H. L.H. R.F. L.F.

4's - paradiddles

5's

R.H. L.H. R.F. L.F.



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Chapter 2: Coordination, Independence, & Interdependence
Subchapter 15: Membranophonics



Exercise 142

Music Engraving by Steve Ferraro

Singles 3 3 3 3 Doubles 3 3 3 3

R.H. L.H.

R.F. L.F.

Flam accent foot ostinato (MPO)

R L R L R L R L R L R L

3's 3's - alternate sticking

R.H. L.H.

R.F. L.F.

4's - paradiddles 5's

R.H. L.H.

R.F. L.F.

etc. etc.

6's - double paradiddles 7's

R.H. L.H.

R.F. L.F.

etc. etc.



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*Note: These exercises do not appear on the DVD.

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Chapter 2: Coordination, Independence, & Interdependence Subchapter 15: Membranophonics

Music Engraving by Steve Ferraro

*Exercises 143-150

For each exercise, play patterns 1-8 in mixed note rates over the top of the written ostinato.

Exercise 143

Exercise 144

R.F.
L.F.

Exercise 145

L.H.
L.F.

Exercise 146 - M.P.O.

R.F.
L.F.

Exercise 147

L.H.
L.F.

Exercise 148

L.H.
L.F.

Exercise 149

R.F.
L.F.

Exercise 150

L.H.
R.H.



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Chapter 2: Coordination, Independence, & Interdependence

Subchapter 16: Layer Cake

Exercise 152: Tempo = 150BPM



Music Engraving by Steve Ferraro

Singles 3 3 3 3 Doubles 3 3 3 3

R.H. L.H. R.F. L.F.

3's 3's - alternate sticking

R.H. L.H. R.F. L.F.

4's - paradiddles 5's etc. etc.

R.H. L.H. R.F. L.F.

6's - double paradiddles 7's etc. etc.

R.H. L.H. R.F. L.F.



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*Note: This exercise does not appear on the DVD.

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Subchapter 16: Layer Cake
*Exercise 155

Music Engraving by Steve Ferraro

R.H.
L.H.
R.F.
L.F.

Improvise/solo with your left hand and both feet!



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Chapter 2: Coordination, Independence, & Interdependence
Subchapter 16: Layer Cake
Exercise 156

Music Engraving by Steve Ferraro

Play the left-hand ostinato on two instruments...

R.H.
L.H.
R.F.
L.F.

Improvise/solo with your right hand and both feet!



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*Note: This exercise does not appear on the DVD.

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Subchapter 16: Layer Cake
*Exercise 157

Music Engraving by Steve Ferraro

Flam taps

R.H.
L.H.
R.F.
L.F.

Improvise/solo with your feet!



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*Note: This exercise does not appear on the DVD.

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Subchapter 16: Layer Cake
*Exercise 158

Music Engraving by Steve Ferraro

L.H.
L.F.

R.H.
R.F.

Improvise/solo with your right hand and right foot!



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Subchapter 16: Layer Cake
*Exercise 159

Music Engraving by Steve Ferraro

Triplet feel - "shuffle" hand ostinato on 2 instruments

R.H.
L.H.
R.F.
L.F.

Feet play 1-8 cycles under this ostinato incorporating mixed note rates.



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*Note: This exercise does not appear on the DVD.

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Subchapter 16: Layer Cake
*Exercise 160

Music Engraving by Steve Ferraro

Left-hand ostinato: 2 instruments, press roll.

R.H.
L.H.
R.F.
L.F.

Play 1-8 mixed-note-rate cycles and improvise against this ostinato.



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*Note: This exercise does not appear on the DVD.

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Subchapter 16: Layer Cake
*Exercise 161

Music Engraving by Steve Ferraro

2 sounds/instruments - left hand & left foot flam-tap ostinato:

Solor over/against this. 1-8 mixed note rate cycles, etc.



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Chapter 3: Modern Playing Concepts

Subchapter 17: Brave New Beats

Exercise 162



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3



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Chapter 3: Modern Playing Concepts

Subchapter 17: Brave New Beats

Exercise 163



Music Engraving by Steve Ferraro

R.H.
L.H.
R.F.
L.F.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3



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Chapter 3: Modern Playing Concepts

Subchapter 17: Brave New Beats

Exercise 163A Long: Tempo 115BMP

Music Engraving by Steve Ferraro

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3



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Chapter 3: Modern Playing Concepts

Subchapter 17: Brave New Beats

Exercise 163B Long: Tempo = 115BPM



Music Engraving by Steve Ferraro

R.H.
L.H.

R.F.
L.F.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3



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Chapter 3: Modern Playing Concepts

Subchapter 17: Brave New Beats

Exercise 164



Music Engraving by Steve Ferraro

The musical score for Exercise 164 is presented in four staves. The top two staves are labeled 'R.H.' (Right Hand) and 'L.H.' (Left Hand), and the bottom two are labeled 'R.F.' (Right Foot) and 'L.F.' (Left Foot). The R.H. and L.H. staves are connected by a brace on the left. The R.F. and L.F. staves are also connected by a brace on the left. The R.H. staff contains eight measures of music, each starting with a sixteenth-note triplet marked with a '6' and a bracket. The L.H. staff contains eight measures of music, each starting with a half-note followed by a quarter-note, also marked with a '6' and a bracket. The R.F. and L.F. staves contain a continuous sequence of notes, with diamond-shaped symbols indicating pedal points. The entire exercise is enclosed in a double bar line with repeat dots at both ends.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
▼	= Pedal #3



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Chapter 3: Modern Playing Concepts

Subchapter 17: Brave New Beats

Exercise 165: Tempo = 115BPM

Music Engraving by Steve Ferraro

The musical score is presented in three systems. The first system is for the Right Hand (R.H.) and Left Hand (L.H.), with the R.H. part on a single staff and the L.H. part on a grand staff. The second system is for the Right Foot (R.F.) and Left Foot (L.F.), with the R.F. part on a single staff and the L.F. part on a grand staff. The notation includes various rhythmic patterns, including eighth and sixteenth notes, and rests. Pedal markings are used throughout the piece to indicate when to engage the pedals.

M.P.O. Notation Key:

	= Pedal #1
	= Pedal #2
	= Pedal #3



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Chapter 3: Modern Playing Concepts

Subchapter 17: Brave New Beats

Exercise 166

Music Engraving by Steve Ferraro

The musical score for Exercise 166 is presented in four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. staff contains eight groups of sixteenth notes, each bracketed with a '6' and marked with an 'x' above it. The L.H. staff contains a sequence of notes with various articulation marks. The R.F. and L.F. staves contain a sequence of notes with diamond-shaped markers above them, each bracketed with a '6'. The score is divided into two measures by a vertical line, with repeat signs at the beginning and end of each measure.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3



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Chapter 3: Modern Playing Concepts

Subchapter 17: Brave New Beats

Exercise 167



Music Engraving by Steve Ferraro

The musical score for Exercise 167 is presented on four staves. The top two staves are labeled 'R.H.' (Right Hand) and 'L.H.' (Left Hand), and the bottom two are labeled 'R.F.' (Right Foot) and 'L.F.' (Left Foot). The R.H. staff contains a sequence of eight sixteenth-note chords, each marked with a bracket and the number '6'. The L.H. staff contains a sequence of eighth-note chords, also marked with brackets and the number '6'. The R.F. and L.F. staves contain a sequence of eighth-note chords, marked with brackets and the number '6'. The score is enclosed in a double bar line with repeat dots at both ends.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3



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Chapter 3: Modern Playing Concepts

Subchapter 17: Brave New Beats

Exercise 168



Music Engraving by Steve Ferraro

The musical score for Exercise 168 is presented on four staves. The top two staves are labeled R.H. (Right Hand) and L.H. (Left Hand), and the bottom two are labeled R.F. (Right Foot) and L.F. (Left Foot). The R.H. staff contains a sequence of eight triplet eighth notes, each marked with a '3' and a '7' above it. The L.H. staff contains a sequence of eight quarter notes, each marked with a '3' below it. The R.F. and L.F. staves contain a sequence of eight triplet eighth notes, each marked with a '3' below it. The score is divided into two measures by a vertical line, with repeat signs at the beginning and end of each measure.

M.P.O. Notation Key:

●	= Pedal #1
◆	= Pedal #2
■	= Pedal #3



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Chapter 3: Modern Playing Concepts Subchapter 17: Brave New Beats Exercise 169

Music Engraving by Steve Ferraro

The musical score for Exercise 169 is written for four staves: Right Hand (R.H.), Left Hand (L.H.), Right Foot (R.F.), and Left Foot (L.F.). The time signature is 4/4. The R.H. part consists of four measures of a continuous eighth-note pattern. The L.H. part consists of four measures, each containing a single quarter note. The R.F. part consists of four measures, each containing a single quarter note. The L.F. part consists of four measures, each containing a complex rhythmic pattern of eighth and sixteenth notes. The score is enclosed in a double bar line on both sides.



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Chapter 3: Modern Playing Concepts
Subchapter 17: Brave New Beats
Exercise 170: Tempo = 200BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), R.F. (Right Foot), L.H. (Left Hand), and L.F. (Left Foot). The time signature is 4/4. The R.H. staff contains four measures of rests, each marked with an 'x' at the beginning and end. The R.F. staff contains four measures of eighth notes with accents, each marked with a tilde (~) above the note. The L.H. and L.F. staves contain four measures of eighth notes, with the L.F. staff having a double bar line at the end of each measure. The tempo is 200BPM.



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Chapter 3: Modern Playing Concepts
Subchapter 17: Brave New Beats
Exercise 171: Tempo = 125BPM

Music Engraving by Steve Ferraro

The musical score is written for four staves: R.H. (Right Hand), R.F. (Right Foot), L.H. (Left Hand), and L.F. (Left Foot). The time signature is 4/4. The exercise consists of four measures, each containing a sixteenth-note triplet (indicated by a bracket with the number '6').

- Measure 1:** R.H. has a triplet of eighth notes with stems pointing down. R.F. has a quarter note. L.H. has a quarter note. L.F. has a quarter note.
- Measure 2:** R.H. has a triplet of eighth notes with stems pointing down. R.F. has a quarter note. L.H. has a quarter note. L.F. has a quarter note.
- Measure 3:** R.H. has a triplet of eighth notes with stems pointing down. R.F. has a quarter note. L.H. has a quarter note. L.F. has a quarter note.
- Measure 4:** R.H. has a triplet of eighth notes with stems pointing down. R.F. has a quarter note. L.H. has a quarter note. L.F. has a quarter note.

The score ends with a double bar line and repeat dots on the right side.



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Chapter 3: Modern Playing Concepts
Subchapter 18: Blast Off - Economy Versus Business-Class
Exercise 172A-172B: Tempo = 200BPM

Music Engraving by Steve Ferraro

Exercise 172A

Musical notation for Exercise 172A. It consists of four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. staff contains a sequence of four eighth-note pairs, each with an 'x' above it, indicating a specific technique. The L.H. staff contains a sequence of four eighth notes. The R.F. and L.F. staves contain a sequence of four eighth notes, with the R.F. notes on a higher line and the L.F. notes on a lower line, indicating a specific foot technique.

Exercise 172B

Musical notation for Exercise 172B. It consists of four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. staff contains a sequence of four eighth-note pairs, each with an 'x' above it, indicating a specific technique. The L.H. staff contains a sequence of four eighth notes. The R.F. and L.F. staves contain a sequence of four eighth notes, with the R.F. notes on a higher line and the L.F. notes on a lower line, indicating a specific foot technique.



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Chapter 3: Modern Playing Concepts Subchapter 18: Blast Off - Economy Versus Business-Class Exercise 173: Tempo = 200BPM

Music Engraving by Steve Ferraro



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Chapter 3: Modern Playing Concepts Subchapter 18: Blast Off - Economy Versus Business-Class Exercise 174: Tempo = 220BPM

Music Engraving by Steve Ferraro

*Note: Exercise 174 appears twice in the DVD. This PDF file contains both versions.

Ex. 174 (first version)

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

R.H.
L.H.

R.F.
L.F.

Ex. 174 (second version)

The musical score is presented on four staves, labeled R.H., L.H., R.F., and L.F. on the left. The R.H. and L.H. staves are grouped together with a brace, as are the R.F. and L.F. staves. The R.H. staff contains a sequence of six eighth-note chords, each marked with an 'x' above it. The L.H. staff contains a sequence of six eighth-note chords, each marked with an 'x' below it. The R.F. and L.F. staves contain a sequence of six eighth-note chords, each marked with an 'x' above it. The score is enclosed in a double bar line with repeat dots at both ends.



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Chapter 3: Modern Playing Concepts
Subchapter 18: Blast Off - Economy Versus Business-Class
Exercise 175A-175B: Tempo = 220BPM

Music Engraving by Steve Ferraro

Exercise 175A

Musical notation for Exercise 175A. The exercise is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. and L.H. staves are connected by a brace on the left. The R.F. and L.F. staves are also connected by a brace on the left. The notation shows a sequence of four measures. In each measure, the R.H. and L.H. play a pair of eighth notes with a beam, marked with an 'x' above the first note. The R.F. and L.F. play a pair of eighth notes with a beam, marked with a '7' above the first note. The exercise is enclosed in a double bar line with repeat dots at both ends.

Exercise 175B

Musical notation for Exercise 175B. The exercise is written for four staves: R.H. (Right Hand), L.H. (Left Hand), R.F. (Right Foot), and L.F. (Left Foot). The R.H. and L.H. staves are connected by a brace on the left. The R.F. and L.F. staves are also connected by a brace on the left. The notation shows a sequence of four measures. In each measure, the R.H. and L.H. play a pair of eighth notes with a beam, marked with an 'x' above the first note. The R.F. and L.F. play a pair of eighth notes with a beam, marked with a '7' above the first note. The exercise is enclosed in a double bar line with repeat dots at both ends.



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Chapter 3: Modern Playing Concepts
Subchapter 18: Blast Off - Economy Versus Business-Class
Exercise 176: Tempo = 300BPM

Music Engraving by Steve Ferraro

♩=300

R.H.
L.H.

R.F.
L.F.



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Chapter 3: Modern Playing Concepts

Subchapter 18: Blast Off - Economy Versus Business-Class

Exercise 177A-D: Tempo = 220BPM



Music Engraving by Steve Ferraro

Exercise 177A

Musical notation for Exercise 177A. It consists of two systems of staves. The top system has two staves: R.H. (Right Hand) and L.H. (Left Hand). The R.H. staff contains a sequence of notes with 'x' marks above them, indicating a specific technique. The L.H. staff contains a sequence of notes. The bottom system also has two staves: R.F. (Right Foot) and L.F. (Left Foot). The R.F. staff contains a sequence of notes, and the L.F. staff contains a sequence of notes. The notation is enclosed in a large bracket on the left side.

Exercise 177B

Musical notation for Exercise 177B. It consists of two systems of staves. The top system has two staves: R.H. (Right Hand) and L.H. (Left Hand). The R.H. staff contains a sequence of notes with 'x' marks above them. The L.H. staff contains a sequence of notes. The bottom system also has two staves: R.F. (Right Foot) and L.F. (Left Foot). The R.F. staff contains a sequence of notes, and the L.F. staff contains a sequence of notes. The notation is enclosed in a large bracket on the left side.

Exercise 177C

* Note: this exercise is incorrectly labeled 177D in the video.

Musical notation for Exercise 177C. It consists of two systems of staves. The top system has two staves: R.H. (Right Hand) and L.H. (Left Hand). The R.H. staff contains a sequence of notes with 'x' marks above them. The L.H. staff contains a sequence of notes. The bottom system also has two staves: R.F. (Right Foot) and L.F. (Left Foot). The R.F. staff contains a sequence of notes, and the L.F. staff contains a sequence of notes. The notation is enclosed in a large bracket on the left side.

Exercise 177D

* Note: this exercise is incorrectly labeled 177E in the video.

Musical notation for Exercise 177D. It consists of two systems of staves. The top system has two staves: R.H. (Right Hand) and L.H. (Left Hand). The R.H. staff contains a sequence of notes with 'x' marks above them. The L.H. staff contains a sequence of notes. The bottom system also has two staves: R.F. (Right Foot) and L.F. (Left Foot). The R.F. staff contains a sequence of notes, and the L.F. staff contains a sequence of notes. The notation is enclosed in a large bracket on the left side.

The Formula

Step 1: First Dimension*



1's: Singles RLRLRLRL
2's: Doubles RLLRRL
3's: RRR-LLL, RLL, LRR
4's: RRRR-LLLL, RRRL, LLLR
5's: RLRL, LRLRR, RLRL, LRRL
6's: RLRLRR-LRLRL, RLRL, LRLRL
7's: RLRLRL, LRLRLRR, RLLRL, LRRLRL
8's: Combinations 8=6+2, 5+3, etc.
...
9's: Combinations 9=5+4, 2+7, etc.
10's: Combinations 10=7+3, 6+4, 3+5+2, etc.
11's: Combinations 11=5+6, 7+4, etc.
15's: Combinations 15=3x5, 7+8, 9+6, etc.



1-8 Over Foot Ostinato
1-8 Over Foot Ostinato
1-8 Over Foot Ostinato
1-8 Over Foot Ostinato
1-8 Over Foot Ostinato
1-8 Over Foot Ostinato
1-8 Over Foot Ostinato
1-8 Over Foot Ostinato
...
1-8 or more...
1-8 or more...
1-8 or more...
1-8 or more...

***Reverse All Stickings, Incorporate Orchestration, and Count In Both Time Signatures**

The Formula

Step 2: Second Dimension*



1's: Singles RLRLRL

2's: Doubles RLLRLL

3's: RRR-LLL, RLL, LRR

4's: RRRR-LLLL, RRRL, LLLR

5's: RLRL, LRLRR, RLRL, LRRL

6's: RLRLRR-LRLRL, RLRL, LRLRL

7's: RLRLRL, LRLRLRR, RLRL, LRRLRR

8's: Combinations 8=6+2, 5+3, etc.

...

9's: Combinations 9=5+4, 2+7, etc.

10's: Combinations 10=7+3, 6+4, 3+5+2, etc.

11's: Combinations 11=5+6, 7+4, etc.

15's: Combinations 15=3x5, 7+8, 9+6, etc.

1-8 Over Hand Ostinato

1-8 Over Hand Ostinato

1-8 Over Hand Ostinato

1-8 Over Hand Ostinato

1-8 Over Hand Ostinato

1-8 Over Hand Ostinato

1-8 Over Hand Ostinato

1-8 Over Hand Ostinato

...

1-8 or more...

1-8 or more...

1-8 or more...

1-8 or more...

***Reverse All Stickings, Incorporate Orchestration, and Count In Both Time Signatures**

The Formula

Step 3: Third Dimension*



- 1's: Singles RLRLRL**
- 2's: Doubles RLLRLL**
- 3's: RRR-LLL, RLL, LRR**
- 4's: RRRR-LLLL, RRRL, LLLR**
- 5's: RLRL, LRLR, RLRL, LRRL**
- 6's: RLRLR-LRLRL, RLRL, LRLRL**
- 7's: RLRLRL, LRLRLR, RLLRLL, LRLLRR**
- 8's: Combinations 8=6+2, 5+3, etc.**
- ...
- 9's: Combinations 9=5+4, 2+7, etc.**
- 10's: Combinations 10=7+3, 6+4, 3+5+2, etc.**
- 11's: Combinations 11=5+6, 7+4, etc.**
- 15's: Combinations 15=3x5, 7+8, 9+6, etc.**



- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- ...
- 1-8 or more...**
- 1-8 or more...**
- 1-8 or more...**
- 1-8 or more...**

*Reverse All Stickings, Incorporate Orchestration, and Count In Both Time Signatures

The Formula

Step 4: Fourth Dimension*



- 1's: Singles RLRLRLRL (FULL NOTE)**
- 2's: Doubles RLLRRL (HALF NOTE)**
- 3's: RRR-LLL, RLL, LRR (TRIPLET)**
- 4's: RRRR-LLLL, RRRL, LLLR**
- 5's: RLRL, LRLR, RLRL, LRRL**
- 6's: RLRLR-LRLRL, RLRL, LRLRL**
- 7's: RLRLRL, LRLRLR, RLLRRL, LRRLRL**
- 8's: Combinations 8=6+2, 5+3, etc.**

...

- 9's: Combinations 9=5+4, 2+7, etc.**
- 10's: Combinations 10=7+3, 6+4, 3+5+2, etc.**
- 11's: Combinations 11=5+6, 7+4, etc.**
- 15's: Combinations 15=3x5, 7+8, 9+6, etc.**



- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**
- 1-8 Over Hand/Foot Ostinato**

...

- 1-8 or more...**
- 1-8 or more...**
- 1-8 or more...**
- 1-8 or more...**

***Reverse All Stickings, Incorporate Orchestration, Count In Both Time Signatures, and Mix Note Rates**

The Formula

Step 5: Fifth Dimension*



1's: Singles R-R-R-R

2's: Doubles RR--RR--RR--RR

3's: RRR---, R--, -RR

4's: RRRR----, RRR-, ---R

5's: R-R--, -R-RR, R-RR-, -RR-R

6's: R-R-RR -R-R--, R-RR--, -R--RR

7's: R-R-R--, -R-R-RR, R--RR--, -RR--RR

8's: Combinations 8=6+2, 5+3, etc.

...

9's: Combinations 9=5+4, 2+7, etc.

10's: Combinations 10=7+3, 6+4, 3+5+2, etc.

11's: Combinations 11=5+6, 7+4, etc.

15's: Combinations 15=3x5, 7+8, 9+6, etc.



1-8 Over Hand/Foot Ostinato

1-8 Over Hand/Foot Ostinato

1-8 Over Hand/Foot Ostinato

1-8 Over Hand/Foot Ostinato

1-8 Over Hand/Foot Ostinato

1-8 Over Hand/Foot Ostinato

1-8 Over Hand/Foot Ostinato

1-8 Over Hand/Foot Ostinato

...

1-8 or more...

1-8 or more...

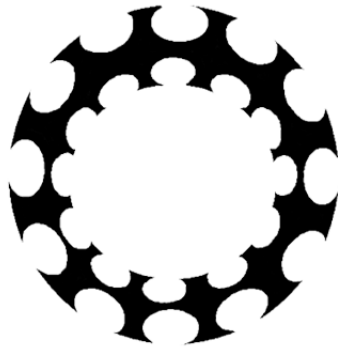
1-8 or more...

1-8 or more...

***Reverse All Stickings, Incorporate Orchestration, Count In All Four Time Signatures, and Mix Note Rates**

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The "FORMULA" - A simple matrix to practice coordination and independence of hands and feet using alternating strokes of the same note rate in different time signatures.



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Introduction

These are the basic sticking patterns used for both hands and feet. I refer to the whole set of patterns – all groupings and cycles of stickings from 1 through 8 – simply as “1 to 8”.

<i>Groups Of</i>	<i>Notes</i>	<i>Example Sticking Patterns</i>
1	Singles	RLRLRLRL, LRLRLRLR
2	Doubles	RRLLRLL, LLRLLRR
3	All permutations of the stickings of groups of 3	RRR-LLL, RLL, LRR, RRL, LLR
4	Paradiddles, paradiddle inversions and variations	RRRR, LLLL, RRRL, LLLR, RLLL, LRRR, RLRR-LRLL
5	All permutations of the stickings of groups of 5	RLRLL, LRLRR, RLLRL, LRRLR, RLRRL, LRLLR
6	Double paradiddles, paradiddle-diddles, all permutations of the stickings of groups of 6	RLRLRR-LRLRLL, RLRRLL, LRLRRR, RLLRLR-LRRLRL, RLLRRL, LRLLR
7	All permutations of the stickings of groups of 7	RLRLRLL, LRLRLRR, RLLRRLL, LRLLRRR, RLLRLRL, LRRLRLR
8*	Combinations of any of the previous “subcycles”	(6 + 2) RLRLRLL, (5 + 3)RLRLLRRR-LRLRLL
9*	5 + 4, 2 + 7, etc.	RLRLLRRLR-LRLRRLRLL, RLRLRLL, LRLRLRRLR
10*	7 + 3, 6 + 4, 3 + 5 + 2, etc.	RLRLRLLRLL, LRLRRLRRLR, RLRLRRLRLL, LRLRLLRRLR, RLLRLRLLR-LRRLRRLRLL
11*	5 + 6, 7 + 4, etc.	RLRLLRRLRLL, LRLRRLRLLR, RLRLRRLRRLR-LRLRRLRLL, RLRLRLLRRL, LRLRRLRLLR
15*	5 + 5 + 5, 7 + 8, 9 + 6, etc.	RLRLLRLLRRLR-LRLRRLRRLRLL, RLRLRLLRRLRLL, LRLRRLRRLRLLR, RLLRLLRLLRRLR-LRRLRRLRRLRLL

*Note: longer phrases are constructed by simply stringing together smaller subcycles.

To practice these, always play one pattern as an ostinato phrase with your feet, and then “1 to 8” on top of that with your hands.

For example: feet play 3’s, hand play 1’s, then 2’s, then 3’s, 4’s ... 8’s (and beyond) on top of the foot ostinato in 3.

I will now describe briefly each of the 5 “dimensions” that the formula consists of. Please refer to the poster or the individual pdf files for each dimension for further information.

Step 1: The 1st Dimension*

To practice the first dimension exercises, you should play each of the “1 to 8” patterns as an ostinato with your feet, while then playing each of the “1 to 8” patterns (and beyond) against them with your hands.

After finishing all of these exercises, you will have combined every possible cycle and alternating sticking hand-combination with every other possible foot-combination; you will have learned to play all odd and even time signatures; you will have learned to play all odd and even cycles in all odd and even time signatures; and, you will have practiced hand and foot technique, coordination, interdependence and independence, counting and timing, and dynamics and accuracy of layered rhythms.

Step 2: The 2nd Dimension (Reverse Hand & Foot Patterns)*

To practice the second dimension exercises, you should play each of the “1 to 8” patterns as an ostinato with your hands, while then playing each of the “1 to 8” patterns (and beyond) against that with your feet.

***Note:** You will encounter identical combinations in different “incarnations” during steps 1 and 2. In fact, one in every 8 exercises reappears in the next set of 8 exercises as an inverted example. This means every 256 exercises you can “skip” 32 exercises since you’ve already practiced them before.

Step 3: The 3rd Dimension (Cross-Diagonal Coordination)

The 3rd dimension takes the difficulty level up another degree. This set of exercises is a challenging workout; there are no limits to how far you can take this.

In Step 3, you should play each of the “1 to 8” stickings (and beyond) split up between two limbs while then playing all of the “1 to 8” patterns against these with the remaining two limbs. The difference between this step and the previous steps is that the two limbs playing the pattern together should consist of one hand and one foot. There are four unique hand/foot combinations that you can use. The following table lists all combinations that should be practiced:

<i>Use these limbs...</i>	<i>Played against these limbs...</i>
Right hand, right foot	Left hand, left foot
Right hand, left foot	Left hand, right foot
Left hand, left foot	Right hand, right foot
Left hand, right foot	Right hand, left foot

Step 4: The 4th Dimension (Mixed Note Rates)

Up until now, all notes played have been of the same type/duration (e.g. 16th-notes against 16th-notes). This step again increases the difficulty level by introducing different “note rates” for each of the “1 to 8” patterns played, such as triplets against 8th-notes, or quintuplets against 16th-notes.

Here, start by phrasing each sticking cycle as a group per bar, and then per quarter-note. For example, sticking groups of 3 should be played as triplets; groups of 5 as quintuplets; groups of 7 as septuplets, etc.

Then play each group at different note rates. For example: 3’s foot pattern as quarter-note triplets, then as 8th-note triplets, then as 16th-note triplets. Do the same with all the hand patterns that you’re playing on top of the foot ostinatos.

Practicing these exercises takes a fair amount of creative input on your part. Make up your own musical phrases and create your own patterns and cycles to practice. Play to a quarter-note click-track or metronome. If you experiment with this concept you will find it not only helps your independence and coordination, but it hugely affects your perception of time, groove, feel and note-rate/value; especially the space *between* the notes is what becomes important here.

Step 5: The 5th Dimension (Partial Layers)

Step 5 is the most challenging of all the steps so far: “partial layers” at mixed note-rates in 4-way orchestrated polymetric coordination. To practice these exercises, take any of the sticking patterns “1 to 8”, and play only one hand (or foot) part of the sticking. With the other hand (or foot) play a different “half” of a sticking.

Take, for example, the following sticking pattern of 5, played RLRL, RLRL...

Now, the left hand “drops out” to leave only R-R--, R-R--

The left hand, which is now “free” plays the “left half” of another sticking pattern on top of the 5’s: -LL, -LL, -LL, -LL (which would be the “left half” of a group of 3 that would normally be played RLL, RLL, RLL, for example).

After practicing this with all sticking patterns “1 to 8”, change the note rate of each layer individually. Remember to do this with both hands and feet!

This is the most extreme level of independence and coordination. Add orchestration to these exercises to add yet another challenge. It is highly advanced and complex but this is also the limit to where we can take drumming today!