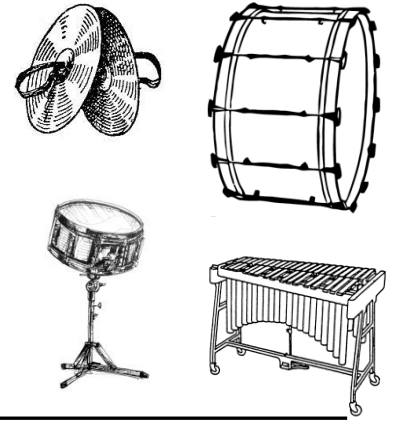


Name _____



St. Mary Magdalene Catholic School Band Percussion Daily Practice Homework Routine 1

Practice this page every day.

Find somewhere quiet and well lit where you can practice.

1. COUNTING EXERCISES

Always count out loud in your mind. * Count at a steady tempo. * Keep a good hand position.

- Count out loud for 8 counts, then count silently in your mind for 8 counts (4 Times)
- Count out loud for 4 counts, then count silently in your mind for 4 counts (4 Times)
- Count out loud for 2 counts, then count silently in your mind for 2 counts (4 Times)
- Count out loud for 1 count, then count silently in your mind for 1 count (4 times)

2. DOWN - UP EXERCISES (PLAY EACH BOX BELOW 4 TIMES)

- Place your thumbs on the flags of your sticks.
- Your thumbs face each other.
- Count out loud.



Right Hand

R	R	R	R
↓	↑	↓	↑
1	2	3	4

Left Hand

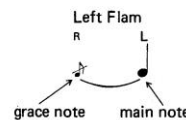
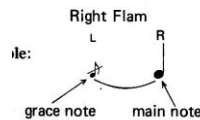
L	L	L	L
↓	↑	↓	↑
1	2	3	4

Alternating Hands

R	L	R	L
↓	↑	↓	↑
1	2	3	4

3. FLAM EXERCISE (PLAY EACH 4 TIMES)

A)



R

Say "Right-flam, two, three, four"



L

Say "Left-flam, two, three, four"

4. ROLL DEVELOPMENT (PLAY EACH 4 TIMES OR MORE)

A

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

B

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

C

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

D

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

5. FIRST NOTES on Bell/Xylophone

A)

Left Right Left

B)

L R L R L

Be sure to log your practice time.