

# Warmup Sticking Combinations: Quarter Notes

1

Exercise 1: 4/4 time signature. The notation shows a sequence of eight quarter notes: R, L, R, L, R, L, R, L. The first measure contains the first four notes, and the second measure contains the last four notes. The exercise is repeated twice, indicated by repeat signs at the beginning and end.

2

Exercise 2: The notation shows a sequence of eight quarter notes: R, R, L, L, R, R, L, L. The first measure contains the first four notes, and the second measure contains the last four notes. The exercise is repeated twice, indicated by repeat signs at the beginning and end.

3

Exercise 3: The notation shows a sequence of eight quarter notes: R, L, R, R, L, R, L, L. The first measure contains the first four notes, and the second measure contains the last four notes. The exercise is repeated twice, indicated by repeat signs at the beginning and end.

4

Exercise 4: The notation shows a sequence of eight quarter notes: R, L, L, R, L, R, R, L. The first measure contains the first four notes, and the second measure contains the last four notes. The exercise is repeated twice, indicated by repeat signs at the beginning and end.

5

Exercise 5: The notation shows a sequence of eight quarter notes: R, R, L, R, L, L, R, L. The first measure contains the first four notes, and the second measure contains the last four notes. The exercise is repeated twice, indicated by repeat signs at the beginning and end.

6

Exercise 6: The notation shows a sequence of eight quarter notes: R, L, R, L, L, R, L, R. The first measure contains the first four notes, and the second measure contains the last four notes. The exercise is repeated twice, indicated by repeat signs at the beginning and end.

7

Exercise 7: The notation shows a sequence of eight quarter notes: R, R, R, L, R, R, R, L. The first measure contains the first four notes, and the second measure contains the last four notes. The exercise is repeated twice, indicated by repeat signs at the beginning and end.

8

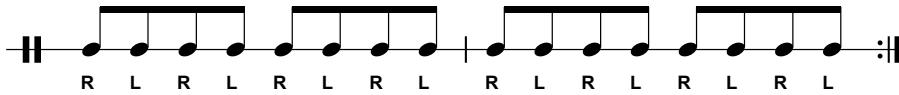
Exercise 8: The notation shows a sequence of eight quarter notes: L, L, L, R, L, L, L, R. The first measure contains the first four notes, and the second measure contains the last four notes. The exercise is repeated twice, indicated by repeat signs at the beginning and end.

9

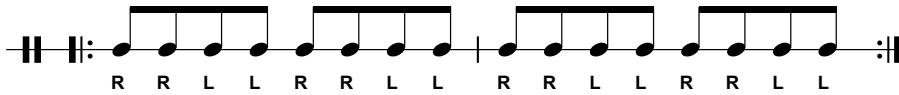
Exercise 9: The notation shows a sequence of eight quarter notes: L, L, L, R, R, R, R, L. The first measure contains the first four notes, and the second measure contains the last four notes. The exercise is repeated twice, indicated by repeat signs at the beginning and end.

## Warmup Sticking Combinations: Eighth Notes

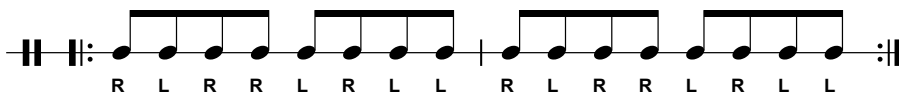
1b



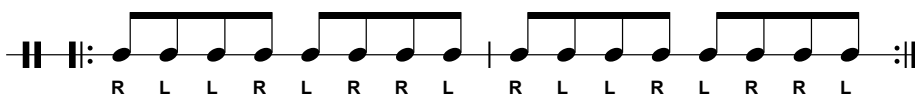
2b



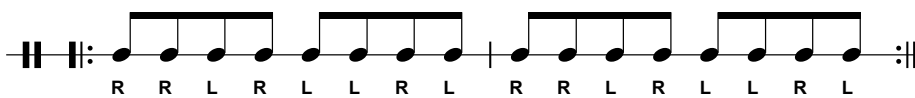
3b



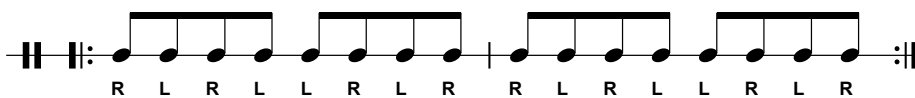
4b



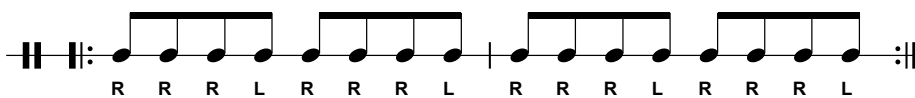
5b



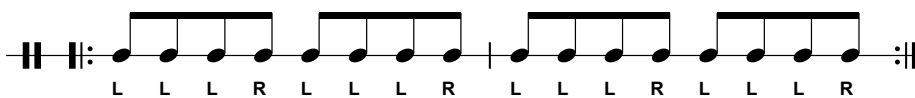
6b



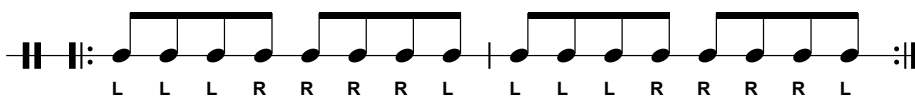
7b



8b



9b



# Warmup Sticking Combinations: Sixteenth Notes

1c

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

2c

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 L L R R L L

3c

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

4c

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

5c

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

6c

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

7c

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

8c

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

9c

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