WEEKLY STRETCHERCISE

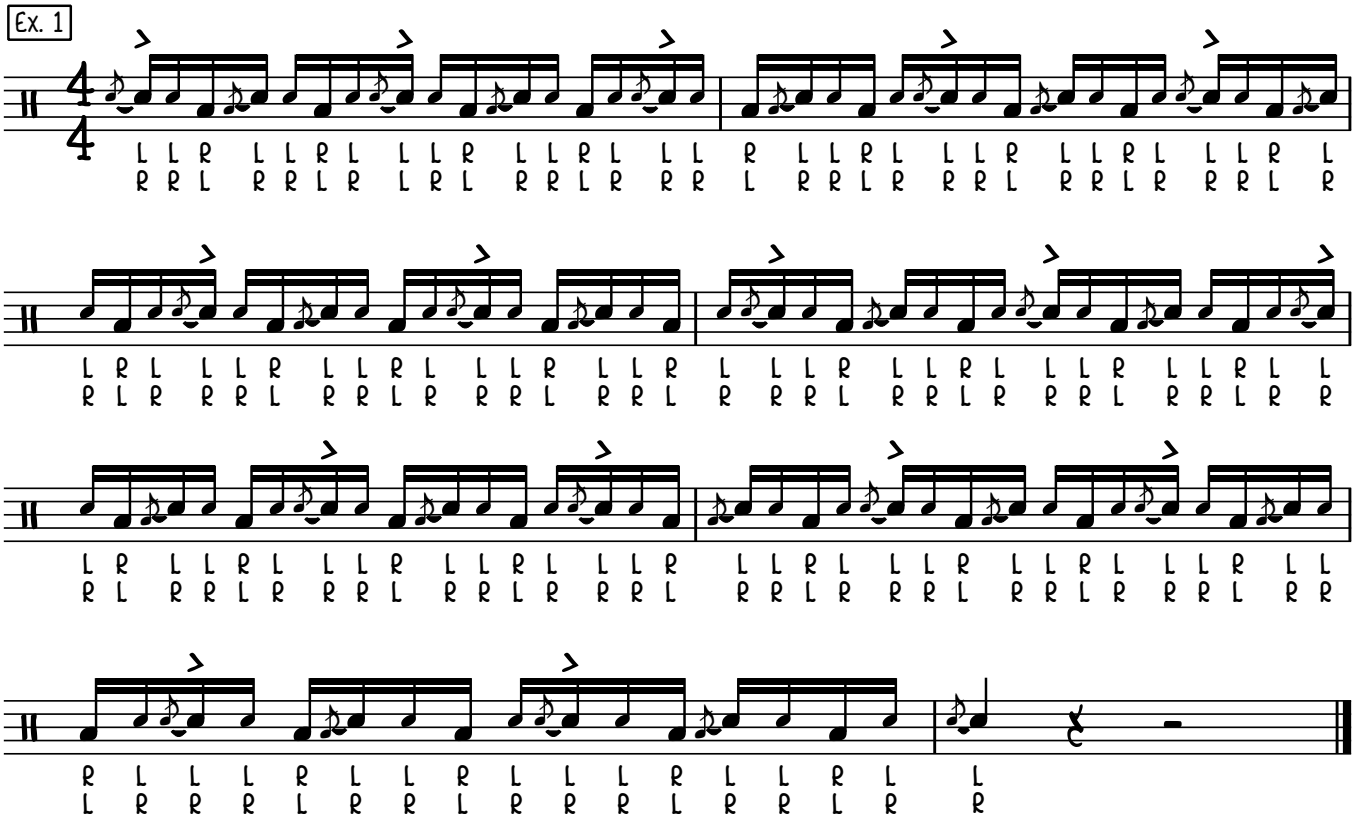
JANUARY 15, 2018

Midas Wouters

This exercise is an extention of the Weekly Exercise of January 08, 2018 by Jan-Kris Vinken (www.idmix.be/weeklyexercise).
It is required to study the previous lesson before you can handle the following material.
After you can play exercise F with the flams, you can try to play exercise 1 which is the complete grouping of 7 worked out until it starts again on the first beat (7 bars+1).

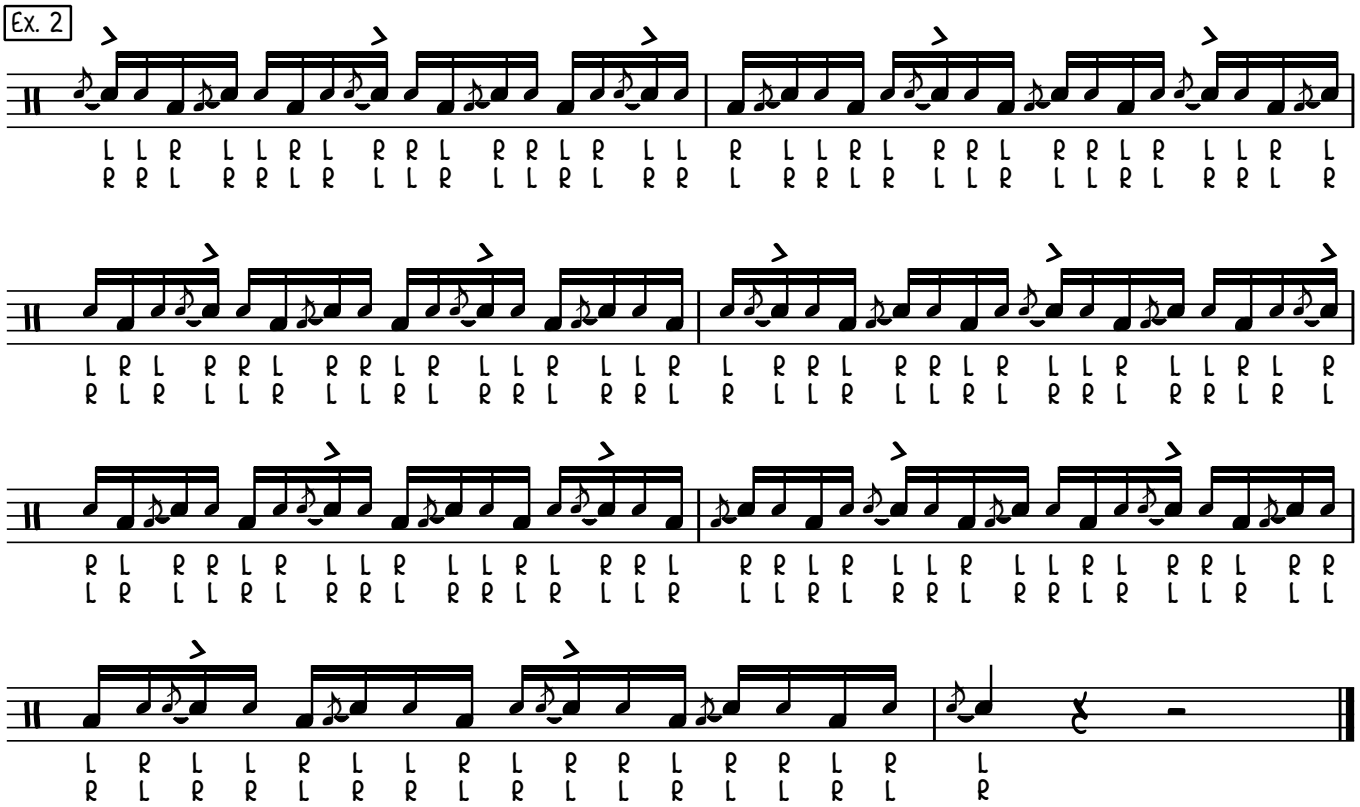
Note that I took the original instrumentation that Vinnie Colaiuta used.
Also, when starting the exercise with the right hand you can play a tom instead of the floortom.

Practice tips: Always count out loud! Play stepped 8th notes in your hi-hat and accent every first note of a new phrase with a bassdrum.



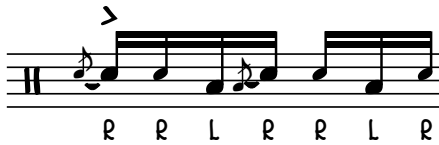
Make sure that you are very comfortable with both the right and left hand stickings. Once you are familiar with the complete cycle of 16 phrases and both the stickings, you can move on to the next exercise.

In this exercise we will alternate between the left and right handed phrase. First start off with only the first two groupings (see exercise C and D of the weekly exercise, only mirror the sticking of the second phrase).
After that go on and complete the whole cycle (ex. 2).

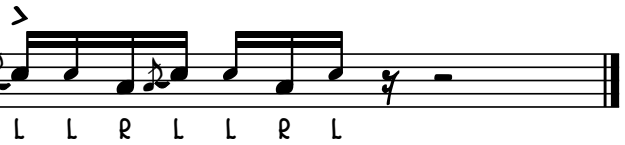


When this concept is mastered you can try to play every single combination you can possibly imagine.
You can find a complete list of all the symmetrical combinations and the first 8 asymmetrical combinations in the attachment.

A phrase starting with the right hand
is noted as a capital *R* and is played like this:



A phrase starting with the left hand
is noted as a capital *L* and is played like this:



Always stay in the complete form of 7 bars+1.
In most cases you will have to play one or more extra phrases to complete the form.

Example: the first asymmetrical combination of 3 (RRL) completely worked out will be:

R-R-L-R-R-L-R-R-L-R-R-L-R-R-L-R You have to add one righthanded prase to complete the form.

Note: Only half of all the options are shown on this list. You must mirror all the phrasing options in order to get the full picture of 954 different combinations.

Have fun!

	Symmetrical Combination							
1.	RL							
2.	RRLL	RLLR						
3.	RRRLLL	RRLLLR	RLLLRR					
4.	RRRRLLLL	RRRLLLLR	RRLLLLRR	RLLLLRRR				
5.	RRRRRLLLLL	RRRRLLLLLR	RRRLLLLLRR	RRLLLLLRRR	RLLLLLRRRR			
6.	RRRRRRLLLLLL	RRRRRLLLLLLR	RRRRLLLLLLRR	RRRLLLLLLRRR	RRLLLLLLRRRR	RLLLLLLRRRRR		
7.	RRRRRRRLLLLLLL	RRRRRRLLLLLLLR	RRRRRLLLLLLLRR	RRRRLLLLLLLRRR	RRRLLLLLLLRRRR	RRLLLLLLLRRRRR	RLLLLLLLRRRRRR	
8.	RRRRRRRRLLLLLLLL	RRRRRRRLLLLLLLLR	RRRRRRLLLLLLLLRR	RRRRRLLLLLLLLRRR	RRRRLLLLLLLLRRRR	RRRLLLLLLLLRRRRR	RRLLLLLLLLRRRRRR	RLLLLLLLLRRRRRRR
	Asymmetrical Combination							
3.	RRL	RLR	LRR					
4.	RRRL	RRLR	RLRR	LRRR				
5.	RRRRL	RRRLR	RRLRR	RLRRR	LRRRR			
	RRRLL	RRLLR	RLLRR	LLRRR				
6.	RRRRRL	RRRRLR	RRRLRR	RRLRRR	RLRRRR	LRRRRR		
	RRRRLL	RRRLLR	RRLLRR	RLLRRR	LLRRRR			
7.	RRRRRRL	RRRRRLR	RRRRLRR	RRRLRRR	RRLRRRR	RLRRRRR	LRRRRRR	
	RRRRRLL	RRRRLLR	RRRLLRR	RRLLRRR	RLLRRRR	LLRRRRR		
	RRRRLLL	RRRLLLR	RRLLLRR	RLLLRRR	LLLRRRR			
8.	RRRRRRRL	RRRRRRLR	RRRRRLRR	RRRRLRRR	RRRLRRRR	RRLRRRRR	RLRRRRRR	LRRRRRRR
	RRRRRRLL	RRRRRLLR	RRRRLLRR	RRRLLRRR	RRLLRRRR	RLLRRRRR	LLRRRRRR	
	RRRRRLLL	RRRRLLLR	RRRLLLRR	RRLLLRRR	RLLLRRRR	LLLRRRRR		