

30 DAYS TO BETTER HANDS

by Johnny Rabb

Exercise #1 ** Remember to start slowly and gradually increase tempo when comfortable.

Short Version

1 e + a 2 e + a 3 e + a 4 e + a

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

Long Version

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

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

32nd Notes

add 1

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

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

add 2

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

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

add 3

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

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

add 4

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

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

add 5

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

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

[illegible]

add 14

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

RLRLRLRLRLRLRLRLRLRLRLRLRR LRLRLRLRLRLRLRLRLRLRLRLRLRL

[illegible]

add 16

1 e + a 2 e + a 3 e + a 4 e + a

RLRLRLRLRLRLRLRLRLRLRLRLRLRLRL RLRLRLRLRLRLRLRLRLRLRLRLRLRLRLRL

Basic Sticking

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

Exercise #3 - Sprints

1 measure

1 2 3 4 1 2 3 4

SINGLE STROKE SPRINT

R R R R

L L L L

2 measure

1 2 3 4 1 2 3 4 1 2 3 4

SPRINT **SPRINT**

Right hand and left hand lead - ** METRONOME**

R L R L
L R L R

Random Exercises

6's

6's

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

Sacto
Sprinkler

[illegible]

Unison

Chorus

The musical notation for the chorus of 'The Sound of Music' is shown on a single staff. It begins with a treble clef and a 4/4 time signature. The melody consists of a series of eighth notes, with some beamed together in groups of four. The notes are: B4, B4, B4, B4, B4, B4, B4, B4, B4, B4, B4, B4, B4, B4, B4, B4. The piece ends with a double bar line and repeat dots.

B B B B B B B B B B B B B B B B

Both hands play in unison.
B = Both

Dynamic Levels

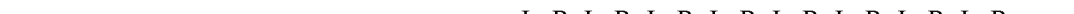
Levels

A musical staff in 4/4 time with a key signature of one sharp (F#). The melody consists of quarter notes: B4, B4, B4, B4, B4, B4, B4, B4, B4, B4, B4, B4. Above the staff, there are four groups of three horizontal lines, each corresponding to a group of four notes (B4, B4, B4, B4).

B B B B B B B B B B B B

Unison

Chacon



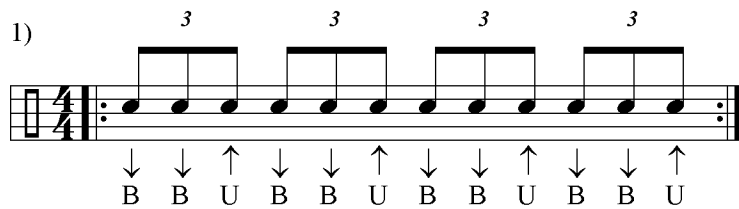
B B B B B B B B B B B B B B B B R L R L R L R L R L R L R L B B B B
L R L R L R L R L R L R L R L R

Optional Ending ▮

Ending 

3 Bomb Intro

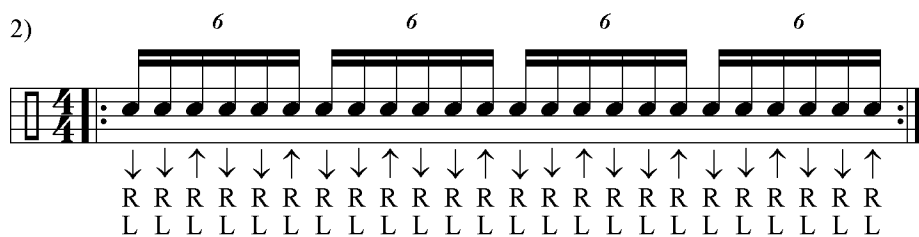
1)



First stroke = double stroke
Using finger control, perform upstroke on 3rd note of triplet

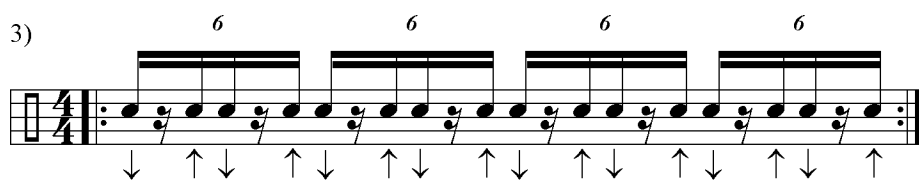
B B U B B U B B U B B U

2)



R
L L

3)



Throw and catch motion
(think shuffle)