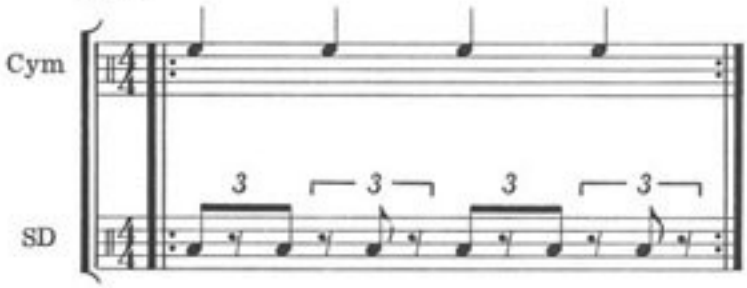
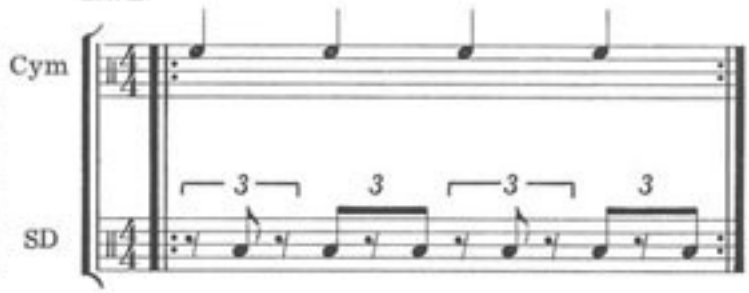
Exercises 1-53 give the player the most commonly found uses of eighth-note triplet rhythms against an ostinato cymbal rhythm in swing tempos from ♩ = 80-144. These exercises should be studied individually and then in sequence as one exercise.

Practice exercises 1-12 ♩ = 88-144.

Ex. 1



Ex. 2



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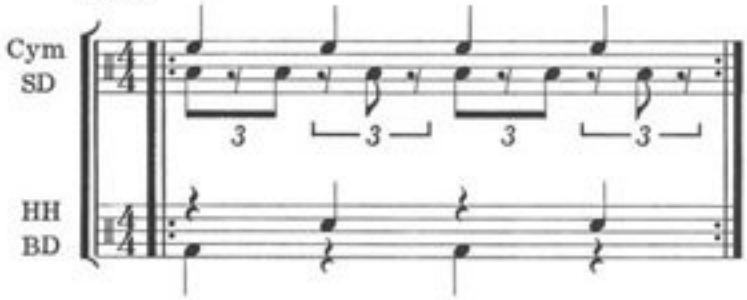

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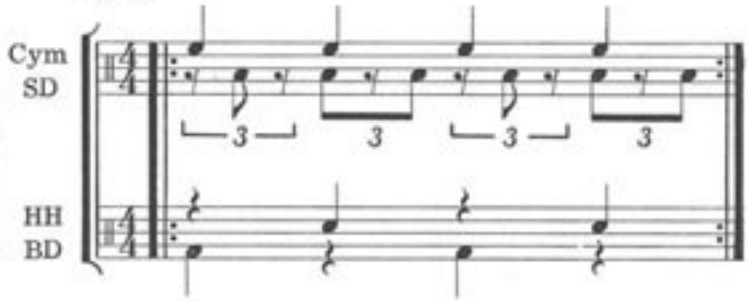

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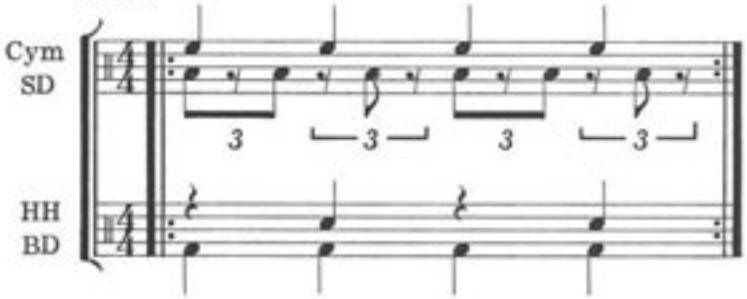

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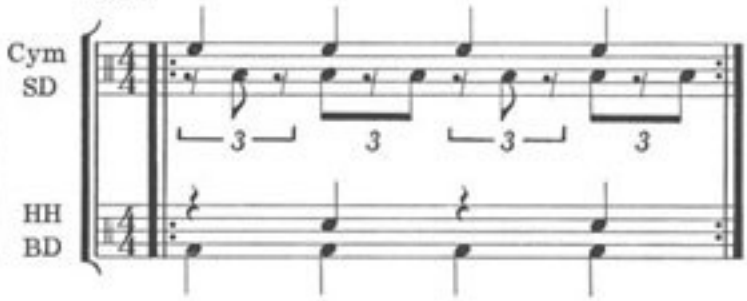
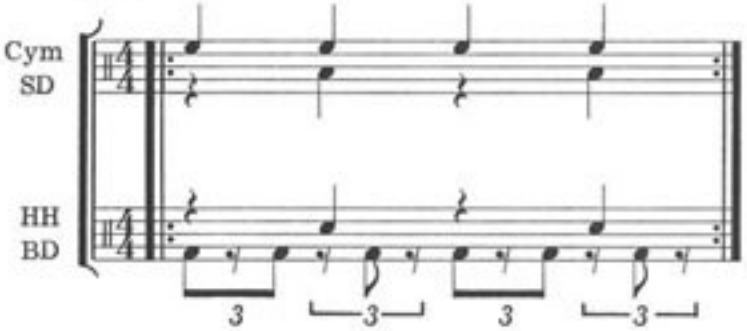
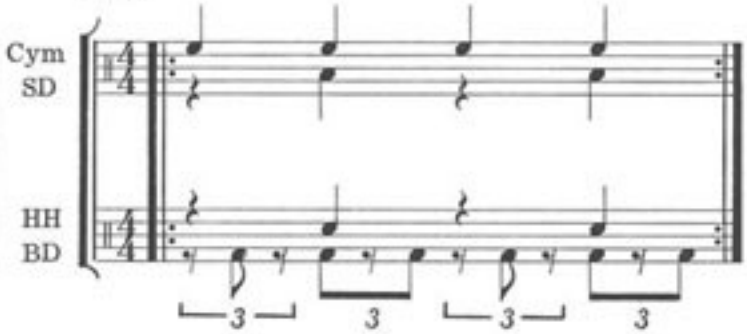


Ex. 7



Ex. 8