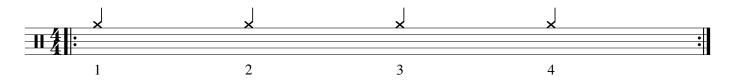
Into The Groove

I - Journey to GROOVE ZERO

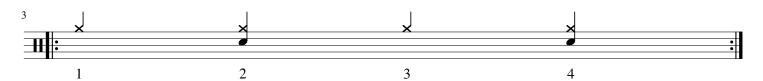
A) Play Hi - Hat with the right stick on every beat (quarter note)



B) Play the Snare Drum with the left stick on beats 2 and 4



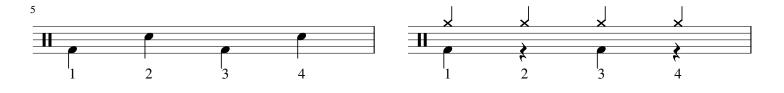
C) play A and B in the same bar



D) Play Bass Drum with your right foot on beats 1 and 3



E) Play A + D and then B + D in the same bar

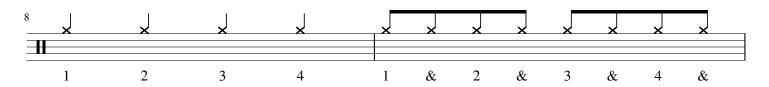


F) play snare, hi- hat and bass drum in the same bar and you have GROOVE ZERO!

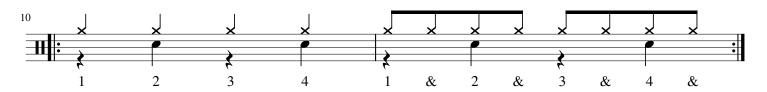


II - Add eight notes and get GROOVE 1

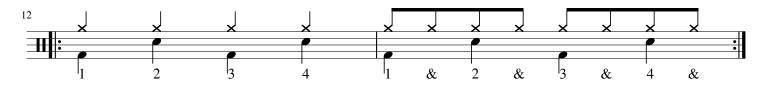
A) With your right hand, alternate quarter and eighth notes. Make sure tempo is even, count out loud helps!



B) Add Snare on 2 and 4 (play the two bars seperately if needed)



C) Add Bass Drum on 1 and 3 (play the two bars seperately if needed)



D) Play complete GROOVE 1. Try different speed along with a metronome (suggested: 60, 70, 90, 100, 120 BPM)

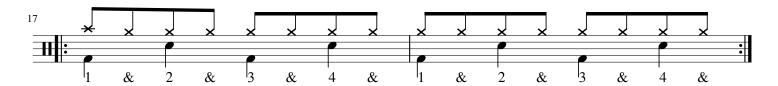


III ADD CRASH CYMBAL

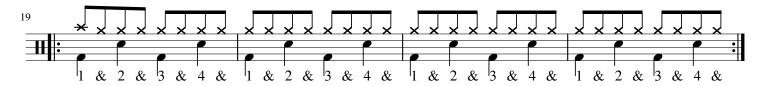
A) Simply play crash cymbal instead of Hi Hat on the first beat of the bar (the "one")



B) Play Crash on beat one every TWO bars



C) Play Crash on beat one every FOUR bars

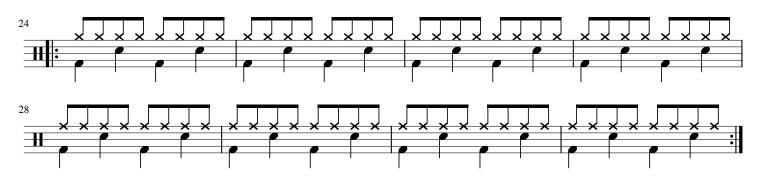


IV Switch to ride

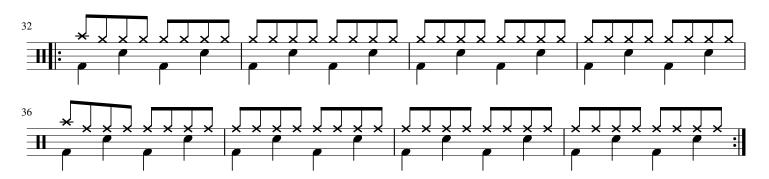
A) Simply play Ride cymbal instead of Hi Hat on the whole bar



B) Play four bars (section A) of Groove 1 on Hi Hat, then four bars on the Ride (Section B)

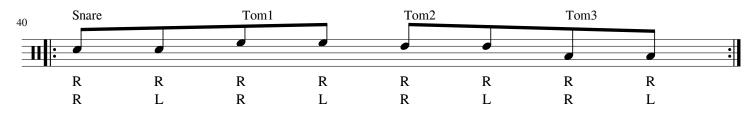


C) Repeat the excercise with Crash Cymbal at the beginning of each section

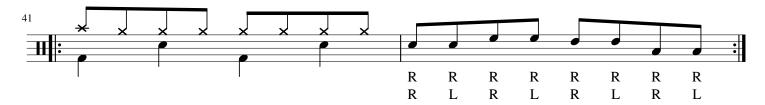


V FILLS

Play the following fill, first only with right hand and then with both hands (R-L0

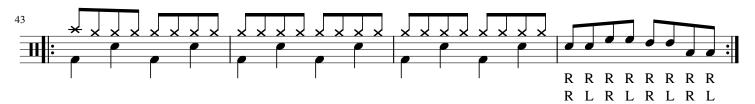


VI GROOVE + FILL (play with both stickings)

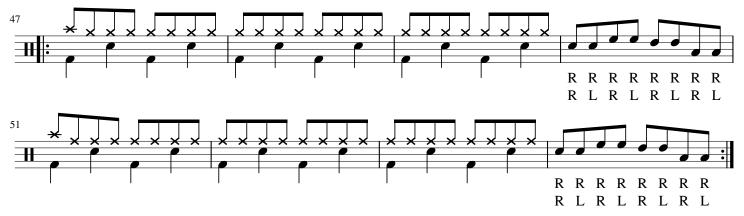


VII: CYCLE OF 4

A) Three bars groove, one bar fill. Crash on first beat



B) Cycle of 4 x 2 (second time on ride cymbal)



VIII

Fill in 8th and 16th notes



IX

Cycle of 4 with new fill



X: SONG FORMULA



