

2 LIMB INDEPENDENCE

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The following are two way independence exercises to help increase co-ordination between the limbs. They will make it easier to play complex patterns on the drum set. There are six exercises but they can each be practiced twelve ways. Go through each one using the following limbs.

- * top line= right hand / bottom line= left hand
- * top line= right foot / bottom line= left foot
- * top line= right hand / bottom line= right foot
- * top line= left hand / bottom line= left foot
- * top line= right hand / bottom line= left foot
- * top line= left hand / bottom line= right foot

- * top line= left hand / bottom line= right hand
- * top line= left foot / bottom line= right foot
- * top line= right foot / bottom line= right hand
- * top line= left foot / bottom line= left hand
- * top line= left foot / bottom line= right hand
- * top line= right foot / bottom line= left hand

The image displays six numbered musical exercises (1 through 6) for two-way limb independence. Each exercise is represented by two staves of music. Exercise 1 shows a rhythmic pattern on the top staff with eighth notes and a steady eighth-note pattern on the bottom staff. Exercise 2 features a more complex eighth-note pattern on the top staff and a steady eighth-note pattern on the bottom staff. Exercise 3 includes a pattern with eighth notes and rests on the top staff, and a steady eighth-note pattern on the bottom staff. Exercise 4 shows a pattern with eighth notes and rests on the top staff, and a steady eighth-note pattern on the bottom staff. Exercise 5 features a pattern with eighth notes and rests on the top staff, and a steady eighth-note pattern on the bottom staff. Exercise 6 includes a pattern with eighth notes and rests on the top staff, and a steady eighth-note pattern on the bottom staff.