

MALLET PERCUSSION WORKOUT

M P W

**A Methods Companion for All
Beginners Through Professionals**



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Chapter II

Skills

Technical

Even Single-Stroke Roll

Practice on any mallet instrument using a single pitch. Use relaxed wrist full stroke only (not fingers or arm). Practice with a metronome.

A.

♩ = 60



- a) RRRRRRRR *etc.*
- b) LLLLLLLL *etc.*

B.

♩ = 72



- a) R L R L *etc.*
- b) L R L R *etc.*

C.

♩ = 72



- a) R L R L R L *etc.*
- b) L R L R L R *etc.*

D.

♩ = 72



- a) R L R L R L R L *etc.*
- b) L R L R L R L R *etc.*

Advanced Roll Exercises

A. Odd number roll exercise

♩ = 70–112 First, sing “ne-ce-ssa-ri-ly” on pitches while tapping quarter note.

The exercise consists of ten staves of music in 3/4 time. Each staff contains a sequence of quarter notes, with a '5' written above each note. The sequence alternates between the left (L) and right (R) hand. The first staff starts with L, followed by R, L, R, L, R, L, and finally R. The second staff starts with L, followed by R, L, and R. The third staff starts with L, followed by R, L, and R. The fourth staff starts with L, followed by R, L, and R. The fifth staff starts with R, followed by L, R, and L. The sixth staff starts with R, followed by L, R, and L. The seventh staff starts with R, followed by L, R, and L. The eighth staff starts with R, followed by L, R, and L. The ninth staff starts with R, followed by L, and R. The exercise concludes with a double bar line and repeat dots.