

HUDSON MUSIC®

Hello and thanks for purchasing *Extreme Polyrythm, Coordination and Speed Techniques* by Alex Cohen and Ramon Montagner from Hudson Music.

Unfortunately after going to print we discovered some errors in the video icon placement in the printed version of the book. To address this, we have renamed the video files that are available for viewing in the link that comes with the book (see inside the first page of the book for the link).

To assist in clarifying, here is a list of the videos and the pages they match with:

PART 1: RAMON MONTAGNER

1. Push and Pull Movements - page 8
2. Slide Movements - page 8
3. Dual Grip Movements - page 10
4. Exercise 1 - page 11
5. Exercise 2 - page 11
6. Exercise 3 - page 13
7. Exercise 4 - page 13
8. Exercise 5 - page 14
9. Dual Grip Pataflafla - page 15
10. Exercise 6 - page 15
11. Exercise 7 - page 16
12. Exercise 8 - page 16
13. Exercise 9 - page 17
14. Exercise 10 - page 18
15. Exercise 11 - page 18
16. Exercise 12 - page 19
17. Exercise 13 - page 20
18. Exercise 14 - page 21
19. Exercise 15 - page 22
20. Exercise 16 - page 22

PART 2: ALEX COHEN

1. Big Beat Polyrythms (30 bpm) - page 31
2. Big Beat Polyrythms Further Study - page 32
3. Mirror Imaging: John Riley excerpt - page 33
4. Cohen Counting - page 34
5. Left-Right Balance Exercise 1 - page 38
6. Advanced Cohen Motion ex 4 Double Time - page 39
7. Advanced Cohen Motion ex 4 Half Time - page 39
8. Advanced Cohen Motion ex 8 Double Time - page 39
9. Advanced Cohen Motion ex 8 Half Time - page 39
10. Perpetual Motion - page 40
11. Clockwork Rhythmic Scale - page 42
12. Polyrythmic Freehand Playing - page 43
13. Polyrythmic Freehand Foot Pattern - page 43

14. Advanced Double Bass: Delecluse w/Hands - page 44
15. Advanced Double Bass: Delecluse w/Feet - page 44
16. Creating Consonance and Dissonance - page 46
17. Orchestration for Hands and Feet - page 47
18. Using Rhythmic Cells - page 49
19. Incorporating Longer Phrases: 19-Beat Ostinato - page 50
20. Incorporating Longer Phrases: 35-Beat Ostinato - page 50
21. Phrase Imaging - page 51
22. Conceptual Integration - page 54
23. Open Solo - page 54

Thanks for your support of Hudson Music and we apologize for the confusion!
-The Hudson Music Team