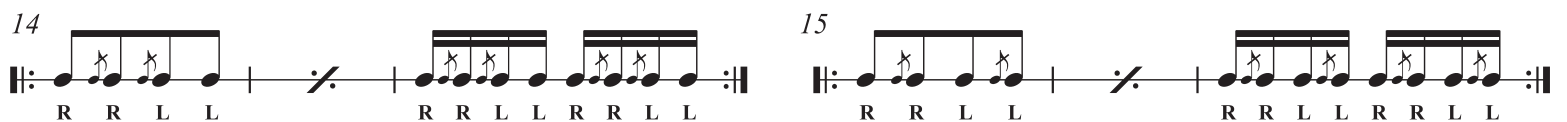
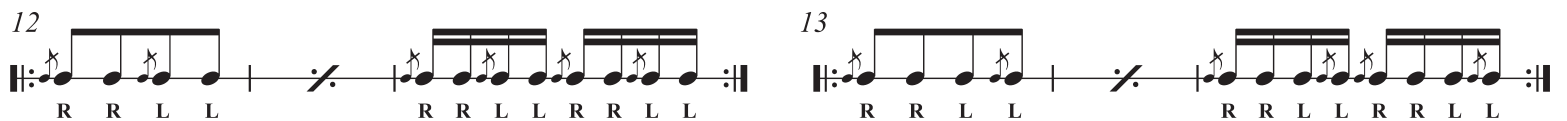
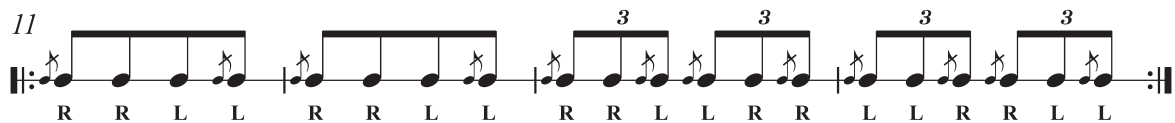
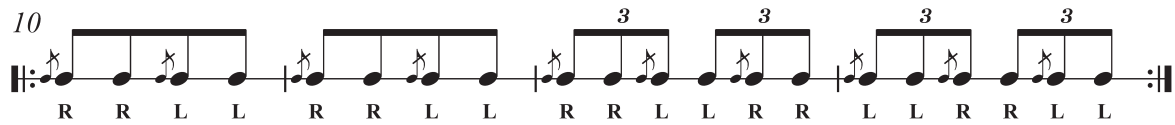
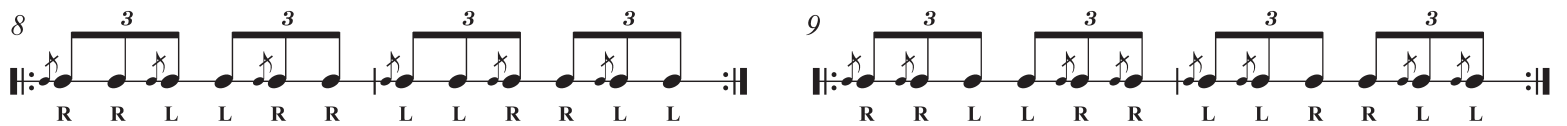
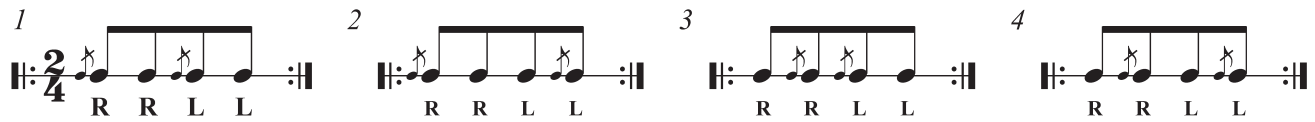


FLAMS WITH 8th NOTES, TRIPLETS & 16th NOTES USING DOUBLE STROKES



FLAMS WITH SINGLE PARADIDDLES USING 8th NOTES & TRIPLETS

10 rhythmic exercises for flamenco footwork (flams) using single paradiddles with 8th notes and triplets. Each exercise is written on a single staff with a 7/4 time signature and a repeat sign at the end.

The exercises are numbered 1 through 10. Each exercise consists of a sequence of footwork patterns: a 4-beat pattern, a 4-beat pattern, and a triplet pattern. The footwork patterns are indicated by 'R' (Right) and 'L' (Left) below the notes. The triplet patterns are indicated by a '3' above the notes.

The exercises are as follows:

- Exercise 1:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)
- Exercise 2:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)
- Exercise 3:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)
- Exercise 4:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)
- Exercise 5:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)
- Exercise 6:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)
- Exercise 7:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)
- Exercise 8:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)
- Exercise 9:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)
- Exercise 10:** R L R R L R L L (triplet R L R) (triplet L R L) (triplet L L)

The following exercises are all open drags written in the following abbreviated form with an extra slash across the stem of a 16th note as follows:

As written	As played	As written	As played

OPEN DRAGS WITH 16th NOTES ALTERNATING HANDS (SINGLE STROKES)

1 	2 	3
4 	5 	6
7 	8 	9
10 	11 	12
13 	14 	15
16 	17 	18

FLAMS & DRAGS

1 2 3

4 5 6

7 8 9

10 11 12

13 14

15 16 17

18 19 20

21 22

23

Like the drag, the following exercises are all open ruffs written in the following abbreviated form with an extra slash across the stem of a 16th note. This time, however, the grace notes are played as 32nd note triplets rather than just 32nd notes.



OPEN RUFFS WITH 16th NOTES ALTERNATING HANDS (SINGLE STROKES)

