

♩ = 60-150

PULSE FOCUS EXERCISES

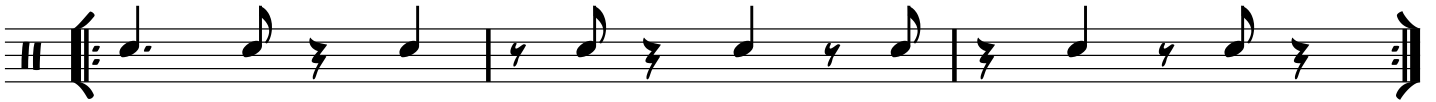
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COUNT OUT LOUD "1.2.3.4" ON EACH EXERCISE UNTIL YOU CAN PERFORM WITH EASE, WITH A CLEAR FOCUS AND CONNECTION TO THE PULSE.

1



2



3



4



5



6



7



8



9



10



PULSE FOCUS EXERCISES PG. 2

11



12



13



14



15



16



17



PULSE FOCUS EXERCISES PG. 3

18

Exercise 18 consists of two staves of music. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a common time signature. It contains four measures of music. The first measure has a quarter rest followed by a triplet of eighth notes. The second measure has a quarter rest followed by a triplet of eighth notes. The third measure has a quarter rest followed by a triplet of eighth notes. The fourth measure has a quarter rest followed by a triplet of eighth notes. The second staff continues the exercise with four more measures, each starting with a quarter rest followed by a triplet of eighth notes. The piece concludes with a double bar line and repeat dots.

19

Exercise 19 consists of three staves of music. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a common time signature. It contains three measures of music. The first measure has a quarter rest followed by a dotted quarter note. The second measure has a quarter rest followed by a dotted quarter note. The third measure has a quarter rest followed by a dotted quarter note. The second staff continues the exercise with four more measures, each starting with a quarter rest followed by a dotted quarter note. The third staff continues the exercise with four more measures, each starting with a quarter rest followed by a dotted quarter note. The piece concludes with a double bar line and repeat dots.