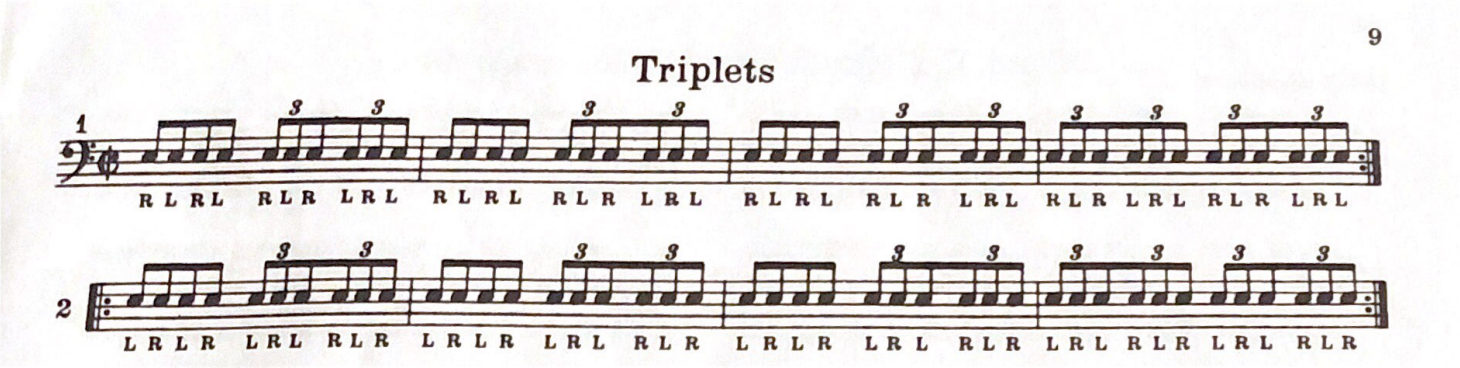
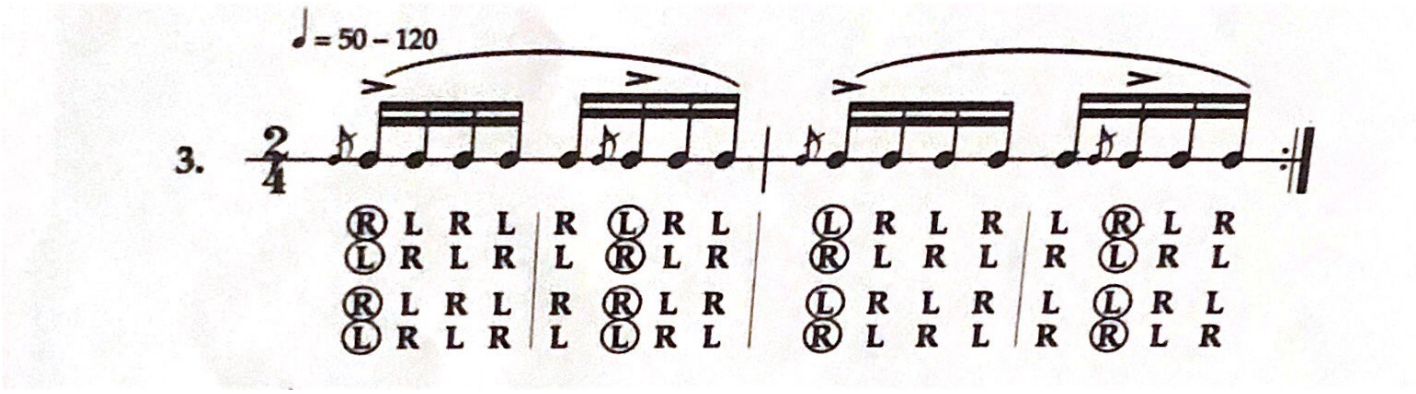
Percussionists in Isolation
Episode 2 Exercises

Section 1
Stone: Stick Control


9
Triplets
1
R L R L R L

Section 3
Wrist Twisters by Buster Bailey: Flams



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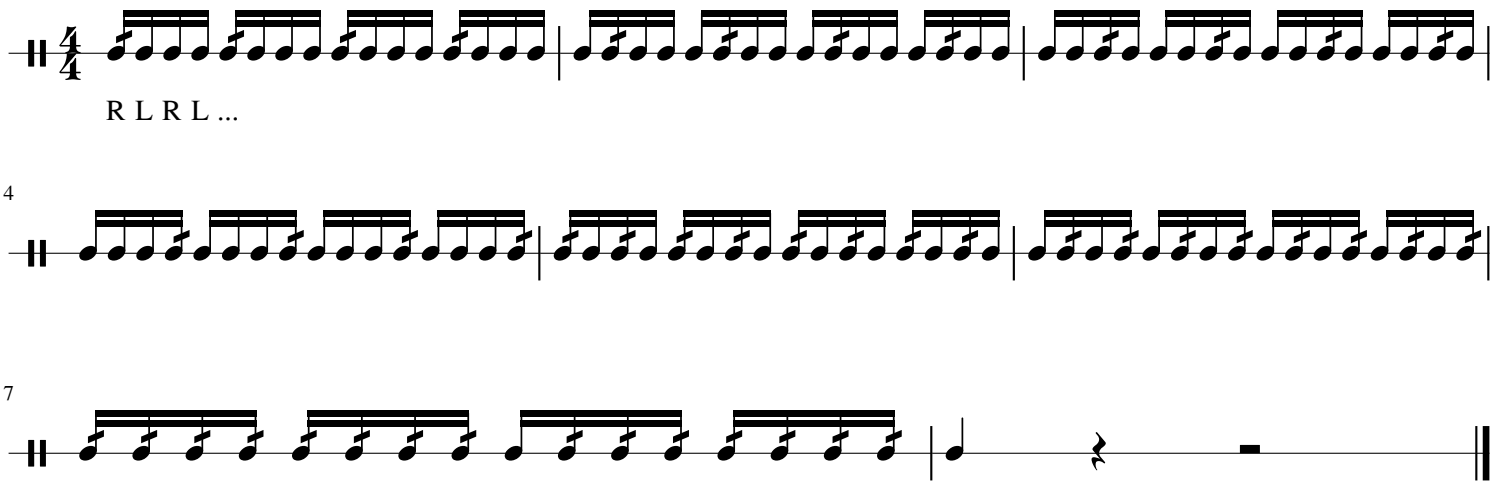
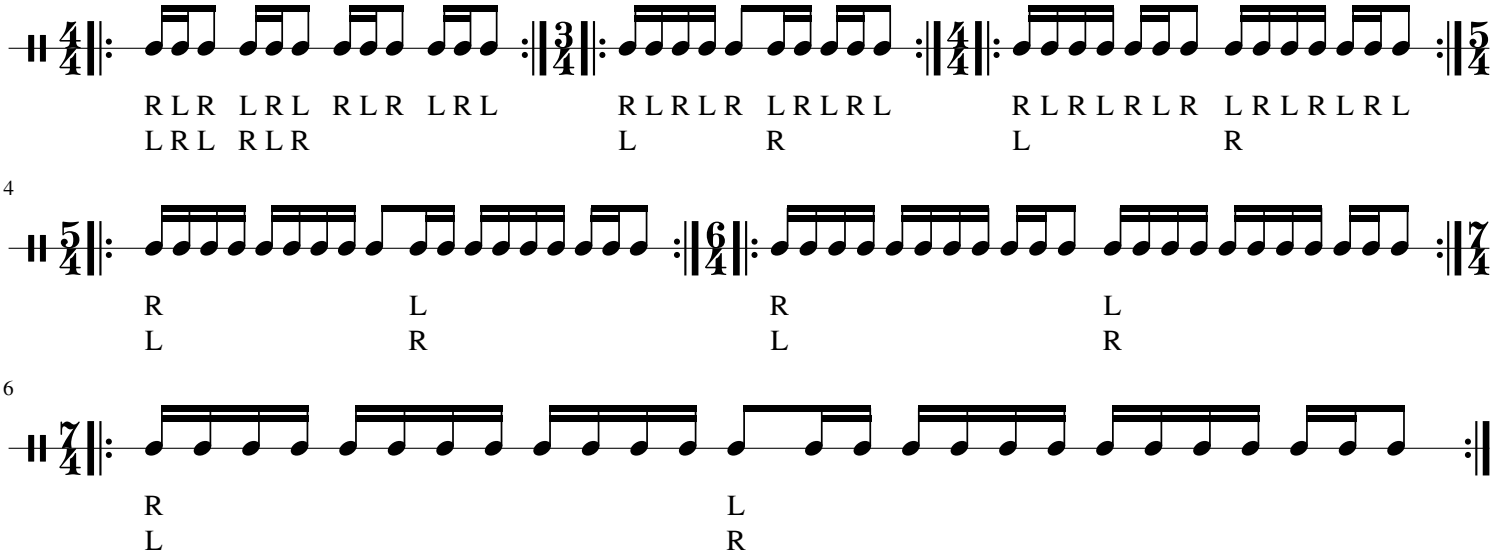
Annie Stevens

Section 4: Roll Grid



Section 5: Alternated Singles
Play each measure 4x


R L R L R L R L R L R L
L R L R L R L R L R L R
R L R L R L R L R L R L
L R L R L R L R L R L R