

Jedynki z przeplataniem rąk + koordynacja

This drum solo exercise is written in 4/4 time and consists of 17 measures. It is designed to improve hand coordination through alternating hands and triplets. The notation uses a standard drum set layout with 'x' marks for snare and 'o' marks for bass drum. The exercise is divided into four systems of four measures each, with the final system containing only three measures.

Measure 1: Snare (x), Snare (x), Bass (o), Snare (x). Hand: R.

Measure 2: Snare (x), Snare (x), Bass (o), Snare (x). Hand: L.

Measure 3: Snare (x), Snare (x), Bass (o), Snare (x). Hand: R.

Measure 4: Snare (x), Snare (x), Bass (o), Snare (x). Hand: L.

Measure 5: Snare (x), Snare (x), Bass (o), Snare (x). Hand: R.

Measure 6: Snare (x), Snare (x), Bass (o), Snare (x). Hand: L.

Measure 7: Snare (x), Snare (x), Bass (o), Snare (x). Hand: R.

Measure 8: Snare (x), Snare (x), Bass (o), Snare (x). Hand: L.

Measure 9: Snare (x), Snare (x), Bass (o), Snare (x). Hand: R.

Measure 10: Snare (x), Snare (x), Bass (o), Snare (x). Hand: L.

Measure 11: Snare (x), Snare (x), Bass (o), Snare (x). Hand: R.

Measure 12: Snare (x), Snare (x), Bass (o), Snare (x). Hand: L.

Measure 13: Snare (x), Snare (x), Bass (o), Snare (x). Hand: R.

Measure 14: Snare (x), Snare (x), Bass (o), Snare (x). Hand: L.

Measure 15: Snare (x), Snare (x), Bass (o), Snare (x). Hand: R.

Measure 16: Snare (x), Snare (x), Bass (o), Snare (x). Hand: L.

Measure 17: Snare (x), Snare (x), Bass (o), Snare (x). Hand: R.

Hand alternation pattern: R, L, R, L, R, L, R, L, R, L, R, L, R, L, R, L, R.

Triplet markings (3) are placed over measures 3, 5, 7, 9, 11, 13, 15, and 17.

19

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

21

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

23

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

25

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

27

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

29

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

31

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

R