

4 Mallet Floor Party!

play all exercises in all intervals. repeat each exercise for 2-4 minutes each!

Double Verticals

Musical score for Double Verticals exercise 1. The score consists of three staves of 4/4 time. Each staff has a box labeled '1' at the beginning. The first staff has 16 vertical strokes. The second staff has 16 vertical strokes. The third staff has 16 vertical strokes.

Single Independent

Musical score for Single Independent exercises 4-10. The score consists of five staves of 4/4 time. Each staff has a box labeled with a number: 4, 5, 6, 7, 8, 9, and 10. The exercises involve various patterns of single strokes and rests.

Exercise 4: 3 2 1 ... 2/3 1/4 1/3 2/4

Exercise 5: 1 2/3 1/4 2/3 2 3 ...

Exercise 6: 1/3 2/4 1/4 3/4 1/3 2/4 2 3 ...

Exercise 7: 2/3 3 2 1 ... 2/3 2 3 ...

Exercise 8: 1/4 1/3 2/4 1/4 3/4 1/3 2/4 2 3 ...

Exercise 9: 1/4 1/3 2/4 1/4 3/4 1/3 2/4 1 4 ...

Exercise 10: 1/4 1/3 2/4 1/4 3/4 1/3 2/4 1 4 ...

Single Alternating

Musical score for Single Alternating exercises 11-16. The score consists of six staves of 4/4 time. Each staff has a box labeled with a number: 11, 12, 13, 14, 15, and 16. The exercises involve alternating strokes between two mallets.

Exercise 11: 1/3 2/4 1/4 2/3 1/3 2/4 1/4 2/3 1/3 2/4 ...

Exercise 12: 1/4 2/3 1/3 2/4 1/4 2/3 1/3 2/4 1/4 2/3 ...

Exercise 13: play all in 8-16 style 1/3 2/4 1/4 2/3 1/3 2/4 1/4 2/3 1/3 2/4 ...

Exercise 14: 1 4 2 3 ... 1 4 2 3 ...

Exercise 15: 4 2 3 1 ... 4 2 3 1 ...

Exercise 16: 4 1 3 2 ... 4 1 3 2 ...

Double Lateral

Musical score for Double Lateral exercises 17-20. The score consists of four staves of 4/4 time. Each staff has a box labeled with a number: 17, 18, 19, and 20. The exercises involve lateral strokes between two mallets.

Exercise 17: play all in 8-16 style 1 2 3 4 ... 4 3 2 1 ... 1 2 4 3 ... 2 1 3 4 ...

Exercise 18: 1 2 3 4 ... 4 3 2 1 ... 1 2 4 3 ... 2 1 3 4 ...

Exercise 19: 1 2 3 4 ... 4 3 2 1 ... 1 2 4 3 ... 2 1 3 4 ...

Exercise 20: 1 2 3 4 ... 4 3 2 1 ... 1 2 4 3 ... 2 1 3 4 ...

21 "16th Broccoli" (play in a 4-2-1 grid)

Musical score for "16th Broccoli" exercise 21. The score consists of four staves of 4/4 time. Each staff has a box labeled '21' at the beginning. The exercises involve a 4-2-1 grid pattern of 16th notes.

Exercise 21: 1 2 3 4 ... 2 3 4 1 ... 3 4 1 2 ... 4 1 2 3 ...

Continuation of "16th Broccoli" exercise 21. The score consists of four staves of 4/4 time. Each staff has a box labeled '21' at the beginning. The exercises continue the 4-2-1 grid pattern of 16th notes.

Exercise 21: 4 3 2 1 ... 3 2 1 4 ... 2 1 4 3 ... 1 4 3 2 ...

Triple Lateral

22 "inside" **23** "outside" **24** "outside/inside" **25** "inside/outside" **26** "up" **27** "down"

Sequential Sixes

28 "up" **29** "down" **30** "LH puh-duh-duh up" **31** "LH puh-duh-duh down"

32 "RH puh-duh-duh down" **33** "RH puh-duh-duh down" **34** "LH puh-duh-duh alternating" **35** "RH puh-duh-duh alternating"

2:3 Polyrhythms

36 **37** **38** **39**

Floor Interval Exercises

40 "leaps" **41** "2nd to 5th" **42** "5th to 8th" **43** "whole scale"

44 "split scale"

16th Note Timing Independence

45 (play in a 4-2-1 grid)

46 (play in a 4-2-1 grid)