

Cymbal Routine

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2/06

Play 5 repetitions of this page at different points throughout the day

Exercise 1

♩ = c. 112 (♩ = c. 56)

Exercise 1 consists of two staves of music in 4/4 time. The first staff contains ten measures of music, each with a dynamic marking: *pp*, *p*, *mp*, *mf*, *f*, and *ff*. The second staff contains five measures of music, each with a dynamic marking: *ff*, *mf*, *mp*, *p*, and *pp*. The notes are quarter notes and half notes.

Exercise 2

♩ = c. 166

Exercise 2 consists of four staves of music in 3/4 time. The first staff begins with a repeat sign and a dynamic marking of *mf/ff*. The notes are quarter notes and eighth notes, with rests. The second staff continues the pattern. The third staff continues the pattern. The fourth staff continues the pattern and ends with a double bar line.