

## Floor Exercise No. 1

Single independent Strokes

Play 8<sup>th</sup> notes in the following sequence on each of the following permutations

**8x's - 4x's - 2x's - 1x**

Basic Permutations			
Up in Sequence	Down in Sequence	Up Alternating	Down Alternating
1 - 2 - 3 - 4	4 - 3 - 2 - 1	1 - 3 - 2 - 4	4 - 2 - 3 - 1

## Exercise No. 2

*Continuous Permutations*

Play the following permutations 8x's each in 8<sup>th</sup> notes:

Up in Sequence	Down in Sequence	Up Alternating	Down Alternating
1 - 2 - 3 - 4	4 - 3 - 2 - 1	1 - 3 - 2 - 4	4 - 2 - 3 - 1
2 - 3 - 4 - 1	3 - 2 - 1 - 4	3 - 2 - 4 - 1	2 - 3 - 1 - 4
3 - 4 - 1 - 2	2 - 1 - 4 - 3	2 - 4 - 1 - 3	3 - 1 - 4 - 2
4 - 1 - 2 - 3	1 - 4 - 3 - 2	4 - 1 - 3 - 2	1 - 4 - 2 - 3

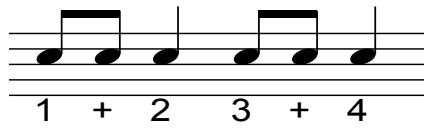
## Exercise No. 3

Up and Down the Mallets (8xs Each)

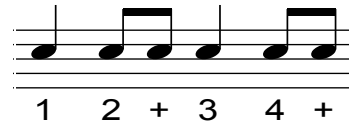


<b>Up and Down in Sequence</b> 1 - 2 - 3 - 4 - 3 - 2	<b>Down and Up in Sequence</b> 4 - 3 - 2 - 1 - 2 - 3
<b>Up and Down Alternating</b> 1 - 3 - 2 - 4 - 2 - 3	<b>Down and Up Alternating</b> 4 - 2 - 3 - 1 - 3 - 2

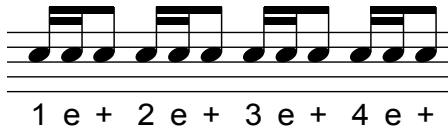
## Exercise No. 4



**A**



**B**



**C**



**D**

**Play the above rhythms 8x's through the following permutations:**

Up in Sequence	Down in Sequence	Up Alternating	Down Alternating
1 - 2 - 3	4 - 3 - 2	1 - 3 - 2	4 - 2 - 3
2 - 3 - 4	3 - 2 - 1	3 - 2 - 4	2 - 3 - 1
3 - 4 - 1	2 - 1 - 4	2 - 4 - 1	3 - 1 - 4
4 - 1 - 2	1 - 4 - 3	4 - 1 - 3	1 - 4 - 2

## Exercise No. 5

**Play the following using the Permutations below.**



1 + 2 + 3 e + ah 4 e + ah    1 + 2 + 3 e + ah 4 e + ah    1 + 2 + 3 + 4 +    1 e + ah 2 e + ah 3 e + ah 4 e + ah  
 1 2 3 4 1 2 3 4 1 2 3 4    1 2 3 4 1 2 3 4 1 2 3 4    1 2 3 4 1 2 3 4    1 2 3 4 1 2 3 4 1 2 3 4

Up in Sequence	Down in Sequence	Up Alternating	Down Alternating
1 - 2 - 3 - 4	4 - 3 - 2 - 1	1 - 3 - 2 - 4	4 - 2 - 3 - 1
2 - 3 - 4 - 1	3 - 2 - 1 - 4	3 - 2 - 4 - 1	2 - 3 - 1 - 4
3 - 4 - 1 - 2	2 - 1 - 4 - 3	2 - 4 - 1 - 3	3 - 1 - 4 - 2
4 - 1 - 2 - 3	1 - 4 - 3 - 2	4 - 1 - 3 - 2	1 - 4 - 2 - 3