

Body Percussion

4 way coordination exercise

1 Start with Rt Hand Add RtFoot Add 2, 4 Left Hand Add Left Foot on 2, 4

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

R R R R R R R R

2 Start with Rt Foot Add Left Foot 2,4 Add RH 8ths Add LH 2 4

1& 2& 3& 4& 1& 2& 3& 4& 1& 2& 3& 4& 1& 2& 3& 4&

3 Start with the feet Add Rt Hand Add Left Hand

1& 2& 3& 4& 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

R L R L

4 Start with Left Foot Add Rt Hand Add Left Hand Add Rt Foot

1& 2& 3& 4& 1& 2& 3& 4& 1& 2& 3& 4& 1& 2& 3& 4&

5 Left Foot Add Rt Hand Add left Hand Add Left Foot

1& 2& 3& 4& 1& 2& 3& 4& 1& 2& 3& 4& 1& 2& 3& 4&

6 Start with Rt Hand Add Left Foot Add left Hand Add Left Foot

1 & 2 & 3 & 4 & 1& 2& 3& 4& 1& 2& 3& 4& 1& 2& 3& 4&

R R R R R R R R

7 Start with the idea Add RH Add LF

1& 2 & 3& 4& 1 & 2 & 3 & 4 &

2 Mix up which part begins or which part is added next.

8 Start with RH

27

9 RH

31

35

1 & 2 & 3 & 4 & 1 & 3 & &

A RH patterns **B** **C** **D**

39

E **F** **G**

43

A1 LF patterns **B1** **C1** **D1**

46

Mix and Match your ideas. On drum set, or away from the drum set, you can do these exercises to practice 4 way coordination. Choose your hand patterns, your foot patterns. Writing them out can help your mind process the patterns. Slow, steady, focussed and correct will help develop the skills. Change which body part starts. Ostinato parts are easier to begin with than changing parts.