

# Exercise 1

This is the basic form of the two mallet exercise. Remember to play slowly, center your body in front of the rotation note, repeat each measure many times, do not stop if you miss a note, and keep the mallets and wrist close to the keyboards.

Slow-Fast

m2  
R L R L R L  
M2 *sim.*  
m3  
M3

*pp*  
rotation note

P4  
Aug. 4  
P5  
m6

M6  
m7  
M7  
Oct.

M7  
m7  
M6  
m6

P5  
Aug. 4  
P4  
M3

m3  
M2  
m2

Make Up Your Own!



## Exercise 2

This is another example of the basic form, applying point 6 of the Directions by starting on a different note.

*Slow-Fast*

Rotation note: R L R L R L L

Intervals: m2, M2, m3, M3, P4, Aug. 4, P5, m6, M6, m7, M7, Oct., M7, m7, M6, m6, P5, Aug. 4, P4, M3, m3, M2, m2

# Sample

## Exercise 3

This exercise, written in bass clef, shows how to adapt the basic form to concentrate on one hand only. Start in the middle or upper register, and reverse the pattern to concentrate on the left hand.

*Slow-Fast*

Rotation note: R L R L R L L

Intervals: m2, M2, m3, M3, P4, Aug. 4, P5, m6, M6, m7, M7, Oct., M7, m7, M6, m6, P5, Aug. 4, P4, M3, m3, M2, m2

Make Up Your Own!