

**'RHYTHM FOUNDATIONS'** IS A NO-FRILLS INTRODUCTION TO THE DRUM KIT. WITHIN ITS PAGES ARE 65 4-BAR EXERCISES IN 4/4, WHICH ARE TO BE WORKED INDIVIDUALLY AT A VARIETY OF TEMPOS (SPEEDS) AND DYNAMICS (VOLUMES).

PROGRESSION FROM ONE EXERCISE TO THE NEXT INTRODUCES NEW IDEAS ONE-BY-ONE, AND BRINGS THEM TOGETHER IN SUCH A WAY THAT IT SHOULD BE CLEAR HOW THEY CAN BE APPLIED TO MUSIC.

THIS PROGRESSION RELIES ON A STEADY PACE; RUSHING AHEAD MAY CAUSE FRUSTRATION WHEN THE DIFFICULTY INCREASES. SPEND LONG ENOUGH ON EACH EXERCISE FOR IT TO FEEL EASY.

WHERE A STICKING PATTERN IS WRITTEN ABOVE THE STAVE, 'R' SYMBOLISES THE RIGHT HAND, AND 'L' SYMBOLISES THE LEFT HAND. THE STICKING PATTERN FOR THE FOLLOWING BARS AND EXERCISES SHOULD REMAIN THE SAME UNTIL A NEW ONE IS ENCOUNTERED.

THERE WILL NEVER BE ANY 'STICKING' FOR THE FEET, AS THE RIGHT FOOT ALWAYS PLAYS THE BASS DRUM, AND THE LEFT FOOT ALWAYS PLAYS THE HI-HAT PEDAL.

ABOVE THE STICKING PATTERNS WILL SOMETIMES BE A COUNT. THESE ARE PRESENT TO HELP WITH THE UNDERSTANDING OF TIMING.

'1', '2', '3' AND '4' ARE PRONOUNCED AS EXPECTED, AS ARE 'E' AND 'A'. '+' IS PRONOUNCED 'AND'.

'1', '2', '3' AND '4' ALWAYS REPRESENT QUARTER NOTES (CROTCHETS);

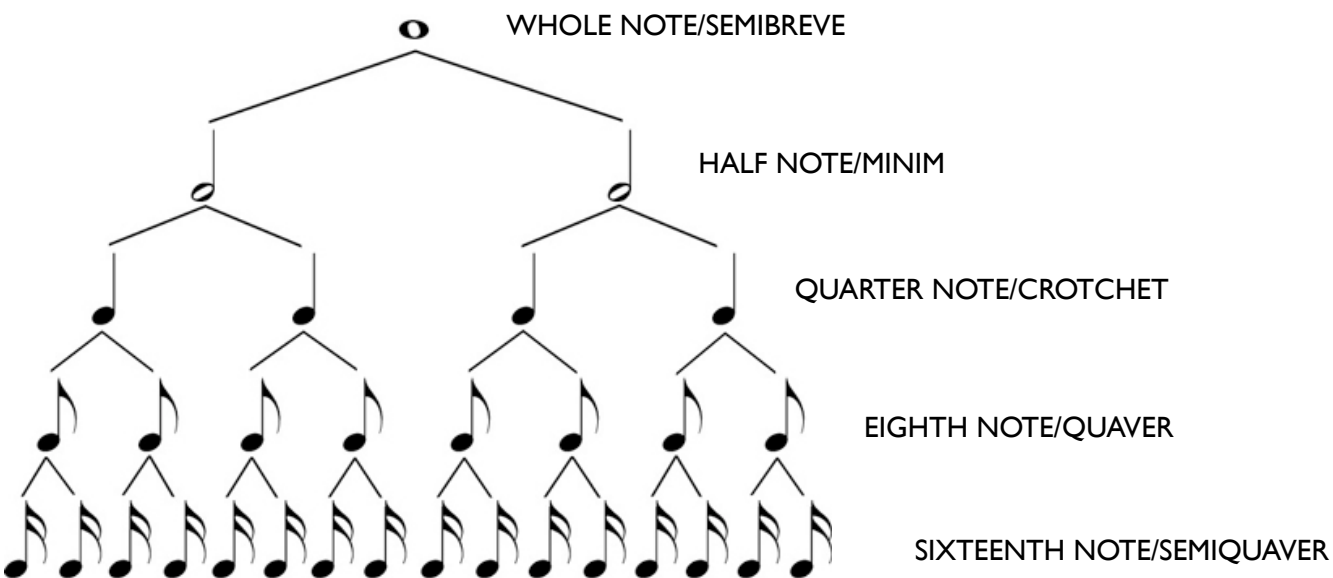
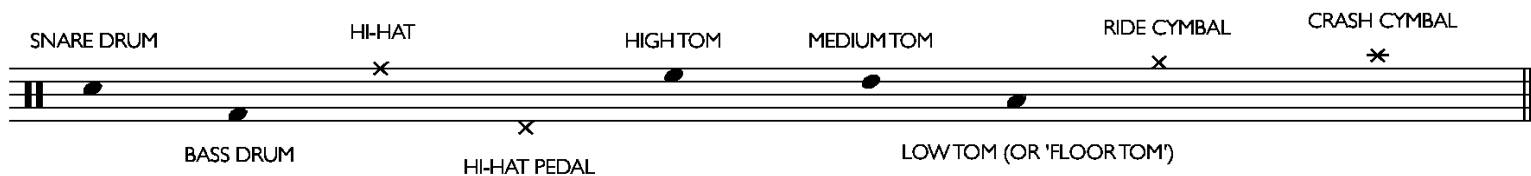
'+' ALWAYS REPRESENTS EIGHTH NOTES (QUAVERS);

'E' AND 'A' ALWAYS REPRESENT SIXTEENTH NOTES (SEMI-QUAVERS).

ONCE THE 'GROOVE' EXERCISES HAVE BEEN WORKED THROUGH WITH THE RIGHT HAND ON THE HI-HAT, THEY CAN THEN BE DONE AGAIN WITH THE RIGHT HAND ON THE RIDE CYMBAL. OTHER CYMBALS ARE OPTIONAL.

ONCE THE EXERCISES FEEL COMFORTABLE, THEY CAN BE CHANGED AND MIXED UP, LEADING TO THOUSANDS OF COMBINATIONS THAT WILL WORK WITH THOUSANDS OF SONGS.

#### NOTATION KEY & NOTE VALUES:



RHYTHM FOUNDATIONS (v2)  
DANNY COX

1 2 3 4

1

TIP: FEEL THE RESTS- THEY ARE JUST AS IMPORTANT AS THE NOTES

2

R R

3 - 'BACKBEAT'

L L

4

TIP: MAKE SURE ANY NOTES THAT LINE UP ARE PLAYED AT EXACTLY THE SAME TIME!

5 - '1/4 NOTE GROOVE'

6

R L R L

1 2 3 4  
R L R L

7

8

1 + 2 + 3 + 4 +  
R L R L R L R L

9

TIP: THE 'FLICK' ON THE STEM OF AN 1/8 NOTE BECOMES A 'BEAM' WHEN THEY ARE GROUPED TOGETHER

TIP: 1/8 NOTES SHOULD BE PLAYED AT EXACTLY TWICE THE SPEED OF 1/4 NOTES

10

11 - 'SINGLE STROKE ROLL'

1 2 3 4  
R R R R

12

1 + 2 + 3 + 4 +  
R L R L R L R L

13 - 'STANDARD 1/8 NOTE FILL'



TIP: MAKE SURE THERE ARE NO GAPS IN THE TIMING WHEN MOVING BETWEEN DRUMS HERE



1 2 3 4 1 + 2 + 3 + 4 +



TIP: PRACTISE A SMOOTH TRANSITION BETWEEN BEAT AND FILL



TIP: NOTE THAT THE CRASH CYMBAL IS AT THE START OF THE BEAT, NOT THE END OF THE FILL

TIP: YOU CAN USE A CRASH CYMBAL ON BEAT ONE IN ANY BEAT YOU LIKE FROM HERE ON, EVEN IF IT ISN'T WRITTEN

19 - '1/4 NOTE GROOVE WITH STANDARD 1/8 NOTE FILL'

1 2 3 4

1 + 2 + 3 + 4 +  
R L R L R L R L

Exercise 19 consists of a single staff of music. The first four measures are quarter notes with 'x' marks above them, indicating a standard 1/8 note fill. The last two measures are eighth notes with '+' marks above them, indicating a standard 1/8 note fill. The notation is as follows: Measure 1: quarter note G4, quarter note A4, quarter note B4, quarter note C5. Measure 2: quarter note B4, quarter note A4, quarter note G4, quarter note F4. Measure 3: quarter note E4, quarter note D4, quarter note C4, quarter note B3. Measure 4: quarter note A3, quarter note G3, quarter note F3, quarter note E3. Measure 5: eighth notes G4, A4, B4, C5. Measure 6: eighth notes B4, A4, G4, F4.

20

Exercise 20 consists of a single staff of music. The first four measures are quarter notes with 'x' marks above them, indicating a standard 1/8 note fill. The last two measures are eighth notes with '+' marks above them, indicating a standard 1/8 note fill. The notation is as follows: Measure 1: quarter note G4, quarter note A4, quarter note B4, quarter note C5. Measure 2: quarter note B4, quarter note A4, quarter note G4, quarter note F4. Measure 3: quarter note E4, quarter note D4, quarter note C4, quarter note B3. Measure 4: quarter note A3, quarter note G3, quarter note F3, quarter note E3. Measure 5: eighth notes G4, A4, B4, C5. Measure 6: eighth notes B4, A4, G4, F4.

21

Exercise 21 consists of a single staff of music. The first four measures are quarter notes with 'x' marks above them, indicating a standard 1/8 note fill. The last two measures are eighth notes with '+' marks above them, indicating a standard 1/8 note fill. The notation is as follows: Measure 1: quarter note G4, quarter note A4, quarter note B4, quarter note C5. Measure 2: quarter note B4, quarter note A4, quarter note G4, quarter note F4. Measure 3: quarter note E4, quarter note D4, quarter note C4, quarter note B3. Measure 4: quarter note A3, quarter note G3, quarter note F3, quarter note E3. Measure 5: eighth notes G4, A4, B4, C5. Measure 6: eighth notes B4, A4, G4, F4.

1 + 2 + 3 + 4 +  
R R R R R R R R

22

Exercise 22 consists of a single staff of music. The first four measures are eighth notes with '+' marks above them, indicating a standard 1/8 note fill. The last two measures are eighth notes with '+' marks above them, indicating a standard 1/8 note fill. The notation is as follows: Measure 1: eighth notes G4, A4, B4, C5. Measure 2: eighth notes B4, A4, G4, F4. Measure 3: eighth notes E4, D4, C4, B3. Measure 4: eighth notes A3, G3, F3, E3. Measure 5: eighth notes G4, A4, B4, C5. Measure 6: eighth notes B4, A4, G4, F4.

23

Exercise 23 consists of a single staff of music. The first four measures are eighth notes with '+' marks above them, indicating a standard 1/8 note fill. The last two measures are eighth notes with '+' marks above them, indicating a standard 1/8 note fill. The notation is as follows: Measure 1: eighth notes G4, A4, B4, C5. Measure 2: eighth notes B4, A4, G4, F4. Measure 3: eighth notes E4, D4, C4, B3. Measure 4: eighth notes A3, G3, F3, E3. Measure 5: eighth notes G4, A4, B4, C5. Measure 6: eighth notes B4, A4, G4, F4.

24 - '1/8 NOTE GROOVE'

Exercise 24 consists of a single staff of music. The first four measures are eighth notes with '+' marks above them, indicating a standard 1/8 note fill. The last two measures are eighth notes with '+' marks above them, indicating a standard 1/8 note fill. The notation is as follows: Measure 1: eighth notes G4, A4, B4, C5. Measure 2: eighth notes B4, A4, G4, F4. Measure 3: eighth notes E4, D4, C4, B3. Measure 4: eighth notes A3, G3, F3, E3. Measure 5: eighth notes G4, A4, B4, C5. Measure 6: eighth notes B4, A4, G4, F4.



1 + 2 + 3 + 4 +

31

32

33

34

TIP: THE FOUR SLASHES IN BAR 4 REPRESENT FOUR 1/4 NOTES OF TIME, WHICH IS TO BE THE LENGTH OF AN IMPROVISED FILL

TIP: ALTHOUGH THE SLASHES REPRESENT 1/4 NOTES, AS ALWAYS THEY CAN BE SUBDIVIDED INTO 1/8'S OR 1/16'S

35 - 'FOUR ON THE FLOOR'

36

1 + 2 + 3 + 4 +

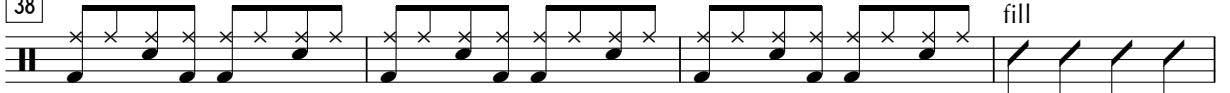
37



fill

Detailed description: This exercise is written on a single staff with a double bar line at the beginning. It consists of six measures. The first five measures each contain a pair of eighth notes, with an 'x' above the first note of each pair. The notes in each measure are: (1) G4, A4; (2) A4, B4; (3) B4, C5; (4) C5, D5; (5) D5, E5. The sixth measure contains a 'fill' consisting of four eighth notes: G4, A4, B4, C5.

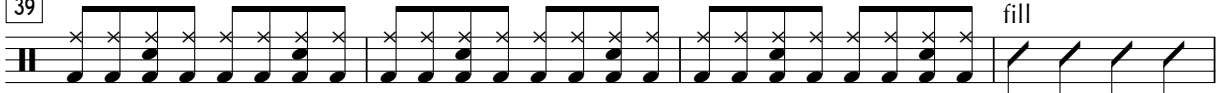
38



fill

Detailed description: This exercise is written on a single staff with a double bar line at the beginning. It consists of six measures. The first five measures each contain a pair of eighth notes, with an 'x' above the first note of each pair. The notes in each measure are: (1) G4, A4; (2) A4, B4; (3) B4, C5; (4) C5, D5; (5) D5, E5. The sixth measure contains a 'fill' consisting of four eighth notes: G4, A4, B4, C5.


39



fill

Detailed description: This exercise is written on a single staff with a double bar line at the beginning. It consists of six measures. The first five measures each contain a pair of eighth notes, with an 'x' above the first note of each pair. The notes in each measure are: (1) G4, A4; (2) A4, B4; (3) B4, C5; (4) C5, D5; (5) D5, E5. The sixth measure contains a 'fill' consisting of four eighth notes: G4, A4, B4, C5.

40



fill

Detailed description: This exercise is written on a single staff with a double bar line at the beginning. It consists of six measures. The first five measures each contain a pair of eighth notes, with an 'x' above the first note of each pair. The notes in each measure are: (1) G4, A4; (2) A4, B4; (3) B4, C5; (4) C5, D5; (5) D5, E5. The sixth measure contains a 'fill' consisting of four eighth notes: G4, A4, B4, C5.

41



fill

Detailed description: This exercise is written on a single staff with a double bar line at the beginning. It consists of six measures. The first five measures each contain a pair of eighth notes, with an 'x' above the first note of each pair. The notes in each measure are: (1) G4, A4; (2) A4, B4; (3) B4, C5; (4) C5, D5; (5) D5, E5. The sixth measure contains a 'fill' consisting of four eighth notes: G4, A4, B4, C5.

42



fill

Detailed description: This exercise is written on a single staff with a double bar line at the beginning. It consists of six measures. The first five measures each contain a pair of eighth notes, with an 'x' above the first note of each pair. The notes in each measure are: (1) G4, A4; (2) A4, B4; (3) B4, C5; (4) C5, D5; (5) D5, E5. The sixth measure contains a 'fill' consisting of four eighth notes: G4, A4, B4, C5.



43

fill

1e+a 2e+a 3e+a 4e+a  
RLRL

44

TIP: THE TWO 'FLICKS' ON THE STEM  
OF A SINGLE 1/16 NOTE BECOME A  
'DOUBLE BEAM' WHEN THEY ARE  
GROUPED TOGETHER

TIP: 1/16 NOTES SHOULD BE PLAYED AT  
EXACTLY TWICE THE SPEED OF 1/8 NOTES

45

46

1e+a 2e+a 3e+a 4e+a  
RLRL

47

1 2 3 4 1e+a 2e+a 3e+a 4e+a

48



1 + 2 + 3 + 4 +

1e+a 2e+a 3e+a 4e+a

55

56

57

TIP: THE O SYMBOL MEANS 'OPEN THE HI-HAT'. THE + SYMBOL MEANS 'CLOSE THE HI-HAT'.

58

59

60

1 + 2 + 3 + 4 +

61

o + o +

62

o + o + o + o + o + o + o + o + o + o +

63

o + o + o + o + o + o +

64

o + o + o + o + o + o +

65

o + o + o + o + o + o + o + o + o + o + o + o +