

MALLET PERCUSSION WORKOUT



**A Methods Companion for All
Beginners Through Professionals**



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Chapter II

Skills

Technical

Even Single-Stroke Roll

Practice on any mallet instrument using a single pitch. Use relaxed wrist full stroke only (not fingers or arm). Practice with a metronome.

A.

♩ = 60

a) RRRRRRRR *etc.*
b) LLLLLLLL *etc.*

B.

♩ = 72

a) R L R L *etc.*
b) L R L R *etc.*

C.

♩ = 72

a) R L R L R L *etc.*
b) L R L R L R *etc.*

D.

♩ = 72

a) R L R L R L R L *etc.*
b) L R L R L R L R *etc.*

Advanced Roll Exercises

A. Odd number roll exercise

♩ = 70–112 First, sing “ne-ce-ssa-ri-ly” on pitches while tapping quarter note.

The exercise consists of 10 measures, organized into five staves of two measures each. The notation is as follows:

- Measure 1:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: L.
- Measure 2:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: R.
- Measure 3:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: L.
- Measure 4:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: R.
- Measure 5:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: L.
- Measure 6:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: R.
- Measure 7:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: L.
- Measure 8:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: R.
- Measure 9:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: L.
- Measure 10:** Treble clef, 3/4 time. Eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. Fingering: 5. Hand: R.