

CONTENTS

Introduction.....	2
Music Notation Basics	3
Note and Rest Values	5
Rock Rhythms 1	6
Rock Fills	7
R&B Rhythms.....	8
Bass Drum Coordination and Fills.....	9
Rudiments	10
Rudiments Exercises.....	11
Fills with Rudiments.....	12
Old School Rhythms.....	13
Ghost Notes	14
Red Hot Chili Peppers Grooves	15
Left Foot Coordination	16
Rock Rhythms 2.....	17
Hip Hop Rhythms.....	18
Cool Rhythms	19
Rhythms with Toms.....	20
Snare and Toms Coordination	21
Metronome Practice.....	22
Whip/Tap HiHat Technique	23
Reggae Rhythms	24
Full/Halve/Double-Time Exercises.....	25
Jazz Coordination	26
Homework Tasks.....	27
Drum Notation	28

ROCK RHYTHMS 1

♩ = 148

HOLIDAY - GREEN DAY

1

♩ = 85

HALL OF FAME - THE SCRIPT

2

♩ = 85

BITTERSWEET SYMPHONY - THE VERVE

3

♩ = 99

KRYPTONITE - 3 DOORS DOWN

4

♩ = 105

ARE YOU GONNA BE MY GIRL - JET

5

♩ = 88

SUNDAY MORNING - MAROON 5

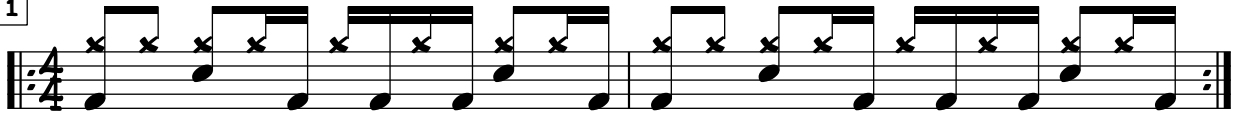
6

The first system of the musical score is in 4/4 time. It consists of two staves. The upper staff contains a melody of eighth notes, with some notes marked with an 'x'. The lower staff contains a bass line with whole notes, some of which are marked with an 'x'. The system ends with a double bar line.

HIP HOP RHYTHMS

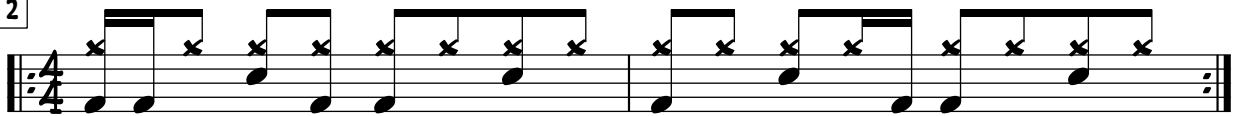
BREATHE - FABOLOUS

1



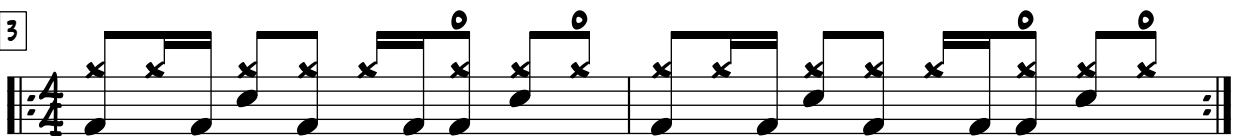
THE MESSAGE - GRANDMASTER FLASH

2



GIRLS AROUND THE WORLD - LLOYD

3



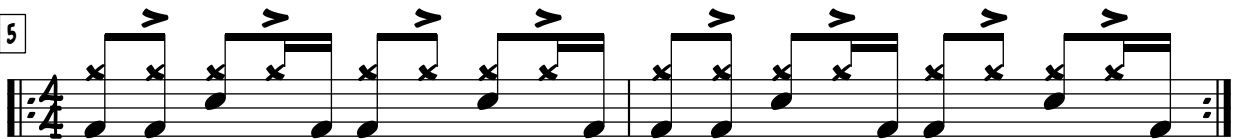
CALIFORNIA LOVE - 2PAC

4



SHOOK ONES - MOBB DEEP

5



GOLD DIGGER - DONE AGAIN

6

