

EXERCISES IN CROSSRHYTHMS AND COORDINATION: Do these exercises with a metronome
PART 2: IMPOSING FOUR BEATS ONTO THREE: CONVERTING 3/4 TO 12/8 (3x4=4x3)

Metronome on quarter notes, first with 16th note subdivisions then without. Exaggerate the accents.

EX 1A: No note changes (choose any note)

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EX 1A: No note changes (choose any note)

EX 1B: With note changes: EX 1B1: Left hand using groups of three

EX 1B2: Left hand using patterns of four but bowing/accents in groups of three

EX 1B3: Scales across strings

EX 1B3B: In 4/4 time

EX 2: IMPOSING THREE BEATS ONTO FOUR: CONVERTING 12/8 INTO 3/4 (4x3=3x4)

Metronome always on four beats to a bar. First with 16th-note subdivisions, then without.

EX 2A: No note changes (choose any note)

EX 2B: With note changes: EX 2B1: Left hand patterns of three

EX 2B2: Left hand pattern groups of four

EX 2B3: Scales across strings