

Warm-Ups

Rudiments

♩ = 50

Hand Warm-Ups

1

2

3

Moeller Pumping Motion by Jojo Mayer

4

5

6

7

8

9

Faster Hands

10

11

R L R L R L R L R L R L R L

12

R L R R L L R L R R L L R L R R

13

L R L L R R L R L L R R L R L L

14

R L R L R R L L R L R R L R L L

♩ = 90

Bassdrum and Hand Warm-Ups 01

15

16

17

3 3 3 3

18

Bassdrum and Hand Warm-Ups 02

19

20

3 3

Control Development

22

3 3