

Idea #34

Triplet Hand Co-ordination

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Use Basic Foot Pattern Throughout

The image displays 12 staves of drum notation for a triplet hand co-ordination exercise. Each staff is divided into two parts, labeled 'a' and 'b'. The notation consists of eighth notes grouped in threes, with a '3' below the group and a '7' above the first note of the group. The exercises are arranged in pairs (1a, 1b; 2a, 2b; 3a, 3b; 4a, 4b; 5a, 5b; 6a, 6b) and each pair is repeated twice. The notation includes a double bar line with repeat dots at the end of each exercise.