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Use whatever techniques you've been taught.

First gain control, then increase speed.

If you want to achieve good results, work slowly.

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1

Musical notation for exercise 1, first system. Treble clef, 7/4 time signature. The top staff contains six groups of notes: a triplet of eighth notes, a quarter note with an accent (>), a triplet of eighth notes, a quarter note with an accent (>), a triplet of eighth notes, and a quarter note with an accent (>). The bottom staff contains a continuous eighth-note pattern.

Musical notation for exercise 1, second system. Treble clef. The top staff contains six groups of notes: a triplet of eighth notes, a quarter note with an accent (>), a triplet of eighth notes, a quarter note with an accent (>), a triplet of eighth notes, and a quarter note with an accent (>). The bottom staff contains a continuous eighth-note pattern.

3

Musical notation for exercise 3, first system. Treble clef. The top staff contains seven groups of eighth notes. The bottom staff contains a continuous eighth-note pattern.

Musical notation for exercise 3, second system. Treble clef. The top staff contains seven groups of eighth notes. The bottom staff contains a continuous eighth-note pattern.

5

Musical notation for exercise 5, first system. Treble clef. The top staff contains six groups of notes: a triplet of eighth notes, a quarter note with an accent (>), a triplet of eighth notes, a quarter note with an accent (>), a triplet of eighth notes, and a quarter note with an accent (>). The bottom staff contains a continuous eighth-note pattern.

Musical notation for exercise 5, second system. Treble clef. The top staff contains six groups of notes: a triplet of eighth notes, a quarter note with an accent (>), a triplet of eighth notes, a quarter note with an accent (>), a triplet of eighth notes, and a quarter note with an accent (>). The bottom staff contains a continuous eighth-note pattern.

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7

Exercise 7 consists of two systems of two staves each. The first system shows a sequence of eighth notes on the top staff and eighth notes with accents on the bottom staff. The second system continues the pattern with similar rhythmic structures.

9

Exercise 9 consists of two systems of two staves each. The first system shows eighth notes with accents on the top staff and eighth notes with accents on the bottom staff. The second system continues the pattern with similar rhythmic structures.

11

Exercise 11 consists of two systems of two staves each. The first system shows eighth notes on the top staff and eighth notes with accents on the bottom staff. The second system continues the pattern with similar rhythmic structures.