

Routine quotidienne au pad

1^{ère} partie : Coups avec 1 main

1) Coups simples :

Musical notation for simple hits with D chord. The staff shows four quarter notes, each with a 'D' chord symbol above it. The notes are on the second line of the staff. Below the staff, the numbers 1, 2, 3, and 4 are aligned with each note.

Musical notation for simple hits with G chord. The staff shows four quarter notes, each with a 'G' chord symbol above it. The notes are on the second space of the staff. Below the staff, the numbers 1, 2, 3, and 4 are aligned with each note.

2) Doubles coups :

Musical notation for double hits with D chord. The staff shows four pairs of eighth notes, each pair with a 'D' chord symbol above it. A rest follows each pair. Below the staff, the numbers 1, 2, 3, and 4 are aligned with each pair, and the word 'et' is placed between the numbers.

Musical notation for double hits with G chord. The staff shows four pairs of eighth notes, each pair with a 'G' chord symbol above it. A rest follows each pair. Below the staff, the numbers 1, 2, 3, and 4 are aligned with each pair, and the word 'et' is placed between the numbers.

3) Triples coups :

Musical notation for triple hits with D chord. The staff shows four groups of three eighth notes, each group with a 'D' chord symbol above it and a '3' below the notes. A rest follows each group. Below the staff, the numbers 1, 2, 3, and 4 are aligned with each group, and the word 'et' is placed between the numbers.

Musical notation for triple hits with G chord. The staff shows four groups of three eighth notes, each group with a 'G' chord symbol above it and a '3' below the notes. A rest follows each group. Below the staff, the numbers 1, 2, 3, and 4 are aligned with each group, and the word 'et' is placed between the numbers.

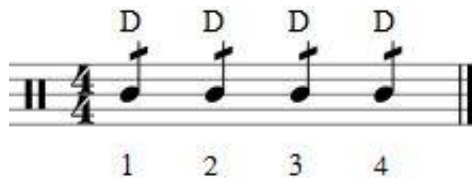
4) 4 coups :

Musical notation for quadruple hits with D chord. The staff shows four groups of four eighth notes, each group with a 'D' chord symbol above it and a '4' below the notes. A rest follows each group. Below the staff, the numbers 1, 2, 3, and 4 are aligned with each group, and the word 'et' is placed between the numbers.

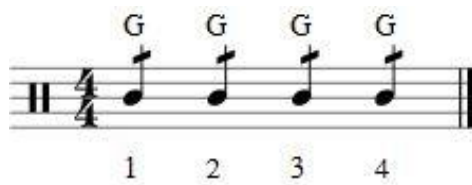
Musical notation for quadruple hits with G chord. The staff shows four groups of four eighth notes, each group with a 'G' chord symbol above it and a '4' below the notes. A rest follows each group. Below the staff, the numbers 1, 2, 3, and 4 are aligned with each group, and the word 'et' is placed between the numbers.

2^{ème} partie : Rebonds

1) Doubles rebonds :

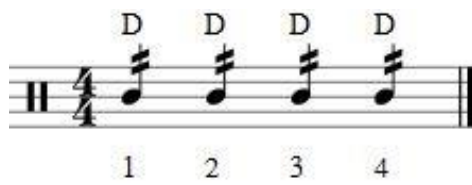


Musical notation for double rebounds on D. The staff shows four quarter notes, each with a 'D' above it. Below the staff are the numbers 1, 2, 3, and 4.



Musical notation for double rebounds on G. The staff shows four quarter notes, each with a 'G' above it. Below the staff are the numbers 1, 2, 3, and 4.

2) Triples rebonds :



Musical notation for triple rebounds on D. The staff shows four quarter notes, each with a 'D' above it. Below the staff are the numbers 1, 2, 3, and 4.



Musical notation for triple rebounds on G. The staff shows four quarter notes, each with a 'G' above it. Below the staff are the numbers 1, 2, 3, and 4.

3) Rebonds 4 coups :



Musical notation for 4-coups rebounds on D. The staff shows four quarter notes, each with a 'D' above it. Below the staff are the numbers 1, 2, 3, and 4.



Musical notation for 4-coups rebounds on G. The staff shows four quarter notes, each with a 'G' above it. Below the staff are the numbers 1, 2, 3, and 4.

3^{ème} partie : Division du temps

1) Croches :

Exercise 1: Eighth notes. Two staves in 4/4 time. The top staff has a sequence of four measures, each containing a dotted quarter note followed by two eighth notes. The notes are D, G, D. The bottom staff has a sequence of four measures, each containing a dotted quarter note followed by two eighth notes. The notes are G, D, G. Each measure is numbered 1 through 4, and the word 'et' is written below the second measure of each pair.

2) Triolet :

Exercise 2: Triplet eighth notes. Two staves in 4/4 time. The top staff has a sequence of four measures, each containing a triplet of eighth notes followed by a dotted quarter note. The notes are D, G, G. The bottom staff has a sequence of four measures, each containing a triplet of eighth notes followed by a dotted quarter note. The notes are G, D, D. Each measure is numbered 1 through 4, and the word 'et' is written below the second measure of each pair.

3) Doubles croches :

Exercise 3: Eighth notes. Two staves in 4/4 time. The top staff has a sequence of four measures, each containing a dotted quarter note followed by a quarter note and a pair of eighth notes. The notes are D, G, D. The bottom staff has a sequence of four measures, each containing a dotted quarter note followed by a quarter note and a pair of eighth notes. The notes are G, D, G. Each measure is numbered 1 through 4, and the word 'et' is written below the second measure of each pair.

4) Quintolet :

Exercise 4: Quintuplet eighth notes. Two staves in 4/4 time. The top staff has a sequence of four measures, each containing a quintuplet of eighth notes followed by a dotted quarter note. The notes are D, G, G, G, G. The bottom staff has a sequence of four measures, each containing a quintuplet of eighth notes followed by a dotted quarter note. The notes are G, D, D, D, D. Each measure is numbered 1 through 4, and the word 'et' is written below the second measure of each pair.

5) Sextolet :

D G D G D G D D G D G D G D D G D G D G D D G D G D G D

1 6 et 2 6 et 3 6 et 4 6 et

G D G D G D G G D G D G D G G D G D G D G G D G D G D G

6) Septolet :

D G G D G D G D D G G D G D G D D G G D G D G D D G G D G D G D

1 7 et 2 7 et 3 7 et 4 7 et

G D D G D G D G G D D G D G D G G D D G D G D G G D D G D G D G

7) Triples croches :

D G D G D G D G D D G D G D G D G D D G D G D G D G D D G D G D G D G D

1 8 et 2 8 et 3 8 et 4 8 et

G D G D G D G D G G D G D G D G D G G D G D G D G D G G D G D G D G D G

4^{ème} partie : Rudiments

1) Flas main droite :

Musical notation for 'Flas main droite' in 4/4 time. The staff shows four measures, each containing a pair of eighth notes (G and D) beamed together. Above each pair are the letters 'G' and 'D'. Below the staff are the numbers 1, 2, 3, and 4, corresponding to the two notes in each measure.

2) Flas main gauche :

Musical notation for 'Flas main gauche' in 4/4 time. The staff shows four measures, each containing a pair of eighth notes (D and G) beamed together. Above each pair are the letters 'D' and 'G'. Below the staff are the numbers 1, 2, 3, and 4, corresponding to the two notes in each measure.

3) Alternance flas :

Musical notation for 'Alternance flas' in 4/4 time. The staff shows four measures. The first measure has G and D, the second D and G, the third G and D, and the fourth D and G. Above each pair are the letters 'G' and 'D' or 'D' and 'G'. Below the staff are the numbers 1, 2, 3, and 4, corresponding to the first note in each measure.

4) Frisé :

Musical notation for 'Frisé' in 4/4 time. The staff shows four measures, each containing a pair of eighth notes (D and G) beamed together. Above each pair are the letters 'D' and 'G'. Below the staff are the numbers 1, 2, 3, and 4, followed by the word 'et'.

5) Moulin :

Musical notation for 'Moulin' in 4/4 time. The staff shows four measures, each containing a pair of eighth notes (D and G) beamed together. Above each pair are the letters 'D' and 'G'. Below the staff are the numbers 1, 2, 3, and 4, followed by the word 'et'.

6) Roulé :

Musical notation for 'Roulé' in 4/4 time. The staff shows four measures, each containing a pair of eighth notes (D and G) beamed together. Above each pair are the letters 'D' and 'G'. Below the staff are the numbers 1, 2, 3, and 4, followed by the word 'et'.