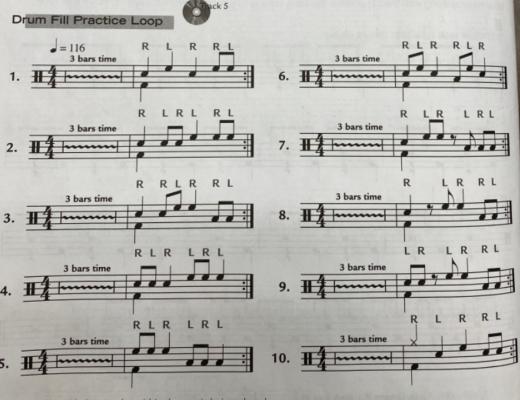


Play each fill exercise four times. Remember to always play three bars of time before you play each fill. Although fills break away from the basic beat, they should not speed up or slow down. Remember

to count, and to pay attention to the stickings. The concept of the practice loop is to provide a steady pulse so that you do not rush or slow down during the bar of the fill.



* Time is the underlying pulse within the music being played. For example, in track 5, the drum pattern is the time.