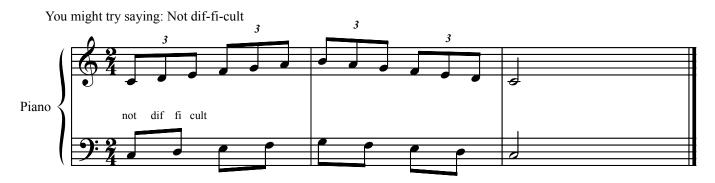
Poly Rhythm Exercise 1

- 1. Practice this drill wil the metronome!
- 2. Start by playing the hand with the eighth notes for several mesures.
- 3. Then, add the other hand, listening carefully to the hand with the triplets to make sure it is with the metronome.
- 4. Always listen to one specific hand, and one specific rhythm. Let the other hand do the rhythm automatically
- 5. Practice in all keys.



For a bigger challenge, try this one:

