

スネアドラム
(練習台でもいいよ)

みんなでやろう！
10分エクササイズ！！

1. 1つ打ち

♩ = 60

R (右手) L (左手)

4/4

2. 8分音ぶの1つ打ち

♩ = 60

4/4

3. RLかわりばんこに1つ打ち

♩ = 60

4/4

4. リズムの切りかえ

♩ = 76

1

4/4

みんなで行こう！ 10分エクササイズ！！

2

R R R R R R R R RLRLRLRLRLRLRLRL R R R R R R R R RLRLRLRLRLRLRLRL

3

R L R L R L R L RLRLRLRLRLRLRLRL R L R L R L R L RLRLRLRLRLRLRLRL

5. うらはくのリズムとアクセント

♩ = 76

2

2

みんなでやろう！ 10分エクササイズ！！

6. □-ロール

♩ = 92

1

Exercise 6.1 consists of three staves of music in 4/4 time. The first staff starts with a 2-measure rest, followed by a sequence of eighth notes: R L R R L R L R R L, then a triplet of eighth notes: R R L L R, and another triplet: R L L R. The second staff continues with eighth notes: R L R L R L R L R L, followed by two groups of eighth notes with a 3-measure rest: R L R L R L R L and R L R L R L. The third staff starts with eighth notes: R L R L R L R L R L, followed by eighth notes with a sharp sign: R L R L R L R L, and ends with a 2-measure rest.

2

Exercise 6.2 consists of two staves of music in 4/4 time. The first staff starts with eighth notes: R L R L R L R L R L, followed by eighth notes with a 3-measure rest: R L R L R L R L, then eighth notes: R L R L R L R L, and eighth notes with a sharp sign: R L R L R L R L. The second staff starts with eighth notes: R L R L R L R L R L, followed by eighth notes with a 3-measure rest: R L R L R L R L, then eighth notes: R L R L R L R L, and eighth notes with a sharp sign: R L R L R L R L.

7. きらきらリズム

♩ = 100

二通りの手順を練習してみよう。

1

Exercise 7.1 consists of three staves of music in 2/4 time. The first staff starts with a 4-measure rest, followed by eighth notes: L R L R, L R L R, L R L R, L R L R, and eighth notes with a 2-measure rest: L R L R, L R L R. The second staff continues with eighth notes: L R L R, L R L R, L R L R, L R L R, and eighth notes with a 2-measure rest: L R L R, L R L R. The third staff starts with eighth notes: L R L R, L R L R, L R L R, L R L R, and eighth notes with a 2-measure rest: L R L R, L R L R.

♩ = 120

2

Exercise 7.2 consists of three staves of music in 4/4 time. The first staff starts with a 4-measure rest, followed by eighth notes: L R L R, L R L R, L R L R, L R L R, and eighth notes with a 2-measure rest: L R L R, L R L R. The second staff continues with eighth notes: L R L R, L R L R, L R L R, L R L R, and eighth notes with a 2-measure rest: L R L R, L R L R. The third staff starts with eighth notes: L R L R, L R L R, L R L R, L R L R, and eighth notes with a 2-measure rest: L R L R, L R L R.