Graeme Francis - Stick Control

2. Straight Constants

Workout: single stroke stamina; coordination of both hands playing at the same time

For this exercise, we'll play straight eighth notes constantly in one hand, and play only the notes indicated for the other. For example, exercises #1 and #2 are written as follows:



If we're doing LH constants, we'd play all the eighth notes of the bar with the LH (stems downs) and only the notes indicated for the RH (stems up). Notes with stems both up and down are played by both hands at the same time:



Here are some examples from further along on pg. 5, still with LH constants:



If you're working on RH constants, simply keep the eighth notes in your RH, and read the LH instead:

