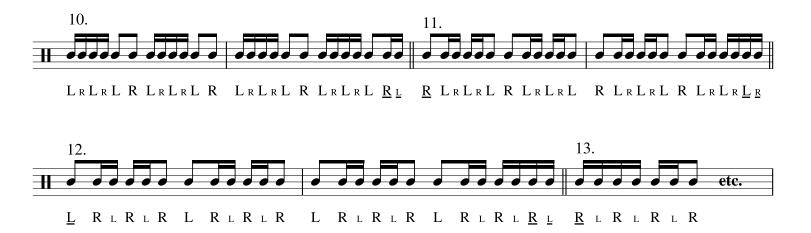
## Graeme Francis - Stick Control 7. 16th-note Fill-Ins

Workout: Single stroke control and speed, starting with either hand on any part of the beat

Read the exercises as printed, adding a sixteenth-note between any two eighth-notes played with the same hand. Exercise #3 is written below, first as printed in the book and then with the fill-ins. Note that the larger R's and L's are the same in both cases, and the smaller R's and L's are the added fill-ins.



Watch out for consecutive RH's or LH's from the end of one exercise to the start of another. Exercise #3, above, ends with the LH and #4 starts with the LH, so those are filled in as well. Check out how #10-13 would be played, below. The connecting fill-ins from one exercise to the next are underlined (as with the end of #3):



NOTE: The larger or smaller R's and L's are not meant to indicate relative dynamics. The fill-in notes should be the same dynamic as those printed in the orginial exercises.