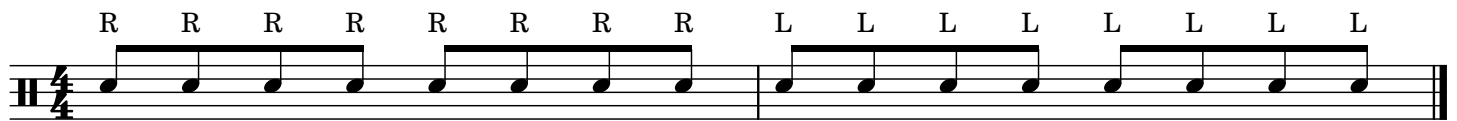


# 8 on a Hand

Julian Rudall

This is a good exercise for focussing on accepting the rebound of the stick.  
Remember to stay loose and keep the hands nice and soft - think of bouncing the tennis ball on the base line  
Keep it nice and smooth - count 1 & 2 & 3 & 4 &

Exercise 1.



Musical notation for Exercise 1, showing a sequence of 8 strokes per hand in 4/4 time. The notation is on a single staff with a treble clef and a 4/4 time signature. The first four strokes are marked 'R' (Right hand) and the next four are marked 'L' (Left hand). The strokes are grouped into two sets of four, each with a horizontal line above them. The first set of four 'R' strokes is followed by a bar line, and the second set of four 'L' strokes is followed by a bar line. The notation consists of quarter notes on a single line.