

# WEB LEÇON #1

## LE COUP SIMPLE (le fris )



### Pr cision et endurance



Eddy ROS

D Jouer le m me doigt 

D = Droite  
G = Gauche

Caisse claire

Rejouer le temps pr c dent

### CONSEILS IMPORTANTS

- Soyez d tendu, jouez sans tension et respirez normalement.
- Prenez votre temps pour jouer les exercices.
- Commencez lentement et pensez d'abord   votre pr cision avant de penser   votre vitesse.
- Faites attention   votre son. Jouez sans mettre d'accents. Ayez le m me son avec vos deux mains.
- Utilisez un m tronome pour vous aider.

**SOYEZ PATIENT**  
**PRATIQUEZ ET PRENEZ DU PLAISIR !!!**

### COMMENT PRATIQUER ?

- 1 - Jouez chaque exercice 2   3 minutes sans vous arr ter et sans erreurs.  
Si vous faites des erreurs, recommencez jusqu'  ce que vous n'en fassiez plus.
  - 2 - Jouez chaque exercice 2 ou 4 fois et encha nez avec l'exercice suivant sans vous arr ter.  
Encha nez les exercices de 1   8 et ensuite sans vous arr ter de 8   1.
  - 3 - Rejouez les exercices en inversant le doigt  sauf pour "le coup simple ternaire".
- Utilisez un m tronome et commencez   50 ou 60 BPM. Ensuite essayez d'aller plus vite mais attention   votre pr cision et   votre son.
  - Vous pouvez  galement jouer ces exercices avec votre double p dale de grosse caisse ou avec deux grosses caisses.



  ER Publishing 2015

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# LE COUP SIMPLE BINAIRE

The image displays eight exercises (numbered 1 to 8) for a binary simple stroke. Each exercise is written on a single staff with a treble clef and a 4/4 time signature. Above the staff, the notes D and G are written above the notes to indicate the chord progression. Exercise 1 consists of two measures of quarter notes: D G D G and D G D G. Exercise 2 starts with two measures of quarter notes (D G D G) and then changes to a 2/4 time signature for the remainder of the exercise. Exercises 3 through 8 follow a similar pattern, starting with two measures of quarter notes and then changing to a different time signature (3/4, 4/4, 5/4, 6/4, 7/4, 8/4) for the rest of the exercise. The notes D and G are written above the notes in the first two measures of each exercise. The exercises are separated by double bar lines with repeat dots at the beginning and end of each exercise.

# WEB LEÇON #1

## LE COUP SIMPLE

### Précision et endurance

#### LE COUP SIMPLE BINAIRE sur la caisse claire

|                            | TEMPO |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|-------|--|--|--|--|--|--|--|--|--|--|--|
|                            |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 1                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 2                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 3                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 4                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 5                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 6                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 7                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 8                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 1 à 8<br>et 8 à 1 |       |  |  |  |  |  |  |  |  |  |  |  |

#### LE COUP SIMPLE BINAIRE sur la caisse claire (inversez le doigté)

|                            | TEMPO |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|-------|--|--|--|--|--|--|--|--|--|--|--|
|                            |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 1                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 2                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 3                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 4                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 5                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 6                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 7                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 8                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 1 à 8<br>et 8 à 1 |       |  |  |  |  |  |  |  |  |  |  |  |

OBSERVATIONS :

**LE COUP SIMPLE BINAIRE avec les pieds**

|                            | TEMPO |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|-------|--|--|--|--|--|--|--|--|--|--|--|
|                            |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 1                 |       |  |  |  |  |  |  |  |  |  |  |  |
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| Exercice 3                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 4                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 5                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 6                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 7                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 8                 |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 1 à 8<br>et 8 à 1 |       |  |  |  |  |  |  |  |  |  |  |  |

**LE COUP SIMPLE BINAIRE avec les pieds (inversez les pieds)**

|                            | TEMPO |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|-------|--|--|--|--|--|--|--|--|--|--|--|
|                            |       |  |  |  |  |  |  |  |  |  |  |  |
| Exercice 1                 |       |  |  |  |  |  |  |  |  |  |  |  |
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| Exercice 1 à 8<br>et 8 à 1 |       |  |  |  |  |  |  |  |  |  |  |  |

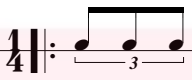

OBSERVATIONS :





WEB LEÇON #1

6

D G D      G D G D G D

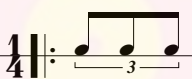

1/4 ||:  || 6/4  / / ||

G D G      D G D G D G



1/4  || 6/4  / / :||

7

D G D      G D G D G D



1/4 ||:  || 7/4  / / / ||

G D G      D G D G D G


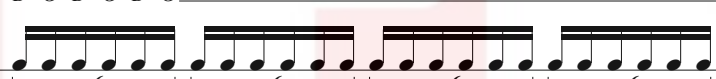
1/4  || 7/4  / / / :||

8

D G D      G D G D G D

1/4 ||:  || 8/4  / / / / ||

G D G      D G D G D G

1/4  || 8/4  / / / / :||

# WEB LEÇON #1

## LE COUP SIMPLE

### Précision et endurance

#### LE COUP SIMPLE TERNAIRE sur la caisse claire

|                            | TEMPO |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|-------|--|--|--|--|--|--|--|--|--|--|--|
|                            |       |  |  |  |  |  |  |  |  |  |  |  |
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#### LE COUP SIMPLE TERNAIRE avec les pieds

|                            | TEMPO |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|-------|--|--|--|--|--|--|--|--|--|--|--|
|                            |       |  |  |  |  |  |  |  |  |  |  |  |
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OBSERVATIONS :