Learning a Groove
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LEARNING PROCESS

System A
- Steps 1, 2 and 3: Play the three possible two-limb combinations; repeat each several times.
- Step 4: Play the groove as written.

```
Step 1
\[a\] \[b\] \[c\]
```

```
Step 2
\[d\] \[e\] \[f\]
```

```
Step 3
\[g\] \[h\] \[i\]
```

```
Step 4
\[j\] \[k\] \[l\]
```

System B
- Step 1: Play the first two notes of the groove.
- Steps 2, 3, 4, etc.: Add a single note in each succeeding step. Repeat each step several times. (If desired, add a measure rest to each step.)
- Continue this process until the groove is complete.

```
Step 1
\[m\]
```

```
Step 2
\[n\]
```

```
Step 3
\[o\]
```

```
Step 4
\[p\]
```

GENERAL GUIDELINES FOR SYSTEMS A AND B
- Begin by playing each step slowly, preferably with a metronome or drum machine.
- Continue to practice each step slowly until it is mastered.
- Once you have finished all of the steps, and the groove is complete, begin speeding up by small increments.

Example: \[q = 72\] \[r = 76\] \[s = 80\] etc....
Repeat the groove several times at each tempo.