

Poly Rhythm Exercise 1

1. Practice this drill with the metronome!
2. Start by playing the hand with the eighth notes for several measures.
3. Then, add the other hand, listening carefully to the hand with the triplets to make sure it is with the metronome.
4. Always listen to one specific hand, and one specific rhythm. Let the other hand do the rhythm automatically.
5. Practice in all keys.

You might try saying: Not dif-fi-cult

Piano

not dif fi cult

For a bigger challenge, try this one:

Pno.

3 3 3 3