



# Slow-Flow

A GROOVE IMPROVER!

Learn patterns one and two until they feel natural to play. Observe the accents and keep the ghost strokes as soft as you can. Aim for efficient, consistent motion and a fluid, accurate groove.

Now set up your metronome to play a click at 60 b.p.m. (feel the sub-divisions before you start so that you don't sound like you're fishing for the tempo), and play four bars of pattern one followed by four of pattern two. Repeat for at least two minutes without stopping, monitoring your progress. If possible, record yourself. Happy? Take the tempo DOWN by 5 b.p.m. and start again! By the time you get to 40, you may be feeling uncomfortable, but stick with it! Remember...it's not how fast you can go, it's how slow you can flow!

Pattern 1 - Hi-Hat version - repeat four times...then go to...

Click

...Pattern 2 - Ride version - repeat four times...then back to pattern 1. Keep repeating for at least two minutes.

Cl.

B.P.M. (tick the boxes as you successfully complete each tempo)

60  55  50  45  40