

# TIME FLOW STUDY

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These exercises are designed to help you maintain a consistent tempo and feel while subdividing the beat into 8ths, 16ths and triplets. Each groove is played for 3 bars, followed by FILL TYPE i - (sticking 1), then 3 more bars of groove followed by FILL TYPE i-(sticking 2) etc. Move through all the fill types (i/ii/iii) for each groove (& all the stickings) putting 3 bars of groove in-between each one WITHOUT STOPPING. Use a click, and start out slowly.

## A/ 8th. note groove to fill

### A/ FILL TYPE i

1: R L R L R L R L  
 2: R L R R L R L L  
 3: R R L L R R L L

### A/ FILL TYPE ii

1: R L R L R L R L R L R L R L  
 2: R L R R L R L L R L R R L R L L  
 3: R R L L R R L L R R L L R R L L

### A/ FILL TYPE iii

1: R L R L R L R L R L R L  
 2: R L R L R R L R L R L L  
 3: R R L L R R L L R R L L

## B/ 16th. note groove to fill

### B/ FILL TYPE i

1: R L R L R L R L R L R L R L  
 2: R L R R L R L L R R L R L L  
 3: R R L L R R L L R R L L R R L L

### B/ FILL TYPE ii

1: R L R L R L R L  
 2: R L R R L R L L  
 3: R R L L R R L L

### B/ FILL TYPE iii

1: R L R L R L R L R L R L  
 2: R L R L R R L R L R L L  
 3: R R L L R R L L R R L L

## C/ Triplet groove to fill

### C/ FILL TYPE i

1: R L R L R L R L R L R L  
 2: R L R L R R L R L R L L  
 3: R R L L R R L L R R L L

### C/ FILL TYPE ii

1: R L R L R L R L R L R L R L  
 2: R L R R L R L L R L R R L R L L  
 3: R R L L R R L L R R L L R R L L

### C/ FILL TYPE iii

1: R L R L R L R L  
 2: R L R R L R L L  
 3: R R L L R R L L