

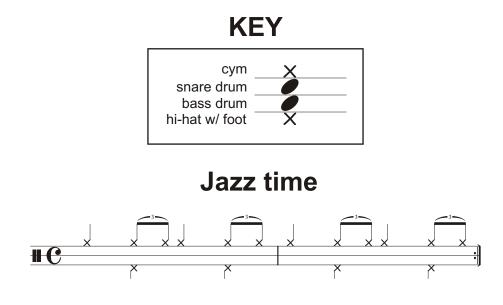
This file is consider a postcardware, meaning, even is not a must, i would like to receive a postcard from anyone who found this file useful. Please write any comment regarding this file and send to :

EDO c/o Griya Musik Irama Indah JI. Diponegoro no 114 Denpasar 80113 BALI - INDONESIA

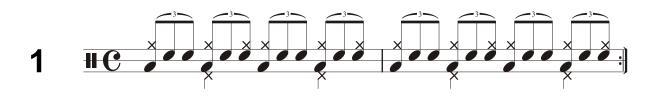
This exercises is to build an independence movement, the combinations of hands and feet on a triplet environment in jazz time. Always start slowly first to get the natural feel of muscle and balance on the set, then start build up the tempo. Metronome is highly adviced.

Please keep this information free and share your ideas to help others to improve. More information or comment feel free to e-mail me at *edo@wulia.com* 

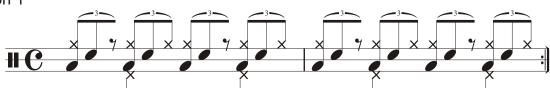
I appreciate any response regarding this workout idea. Thanks, keep on drumming and goodluck.

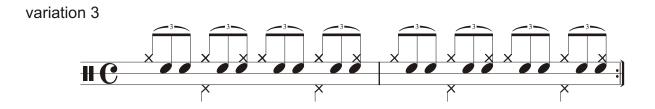


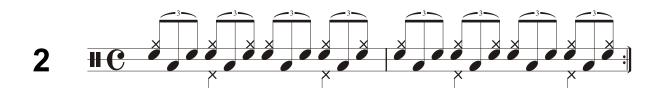
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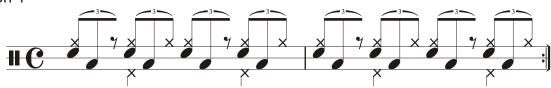
variation 1



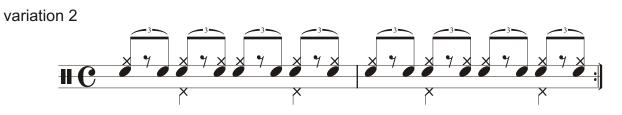




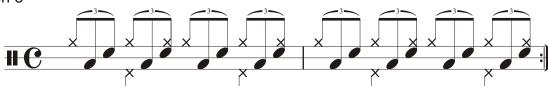
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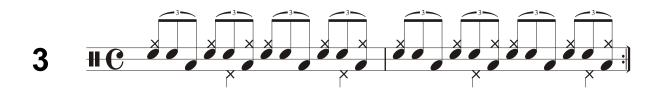


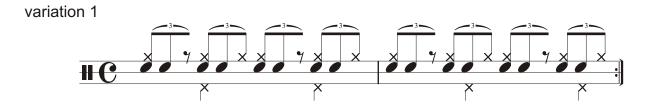
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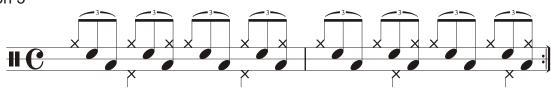
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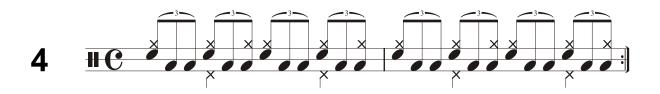




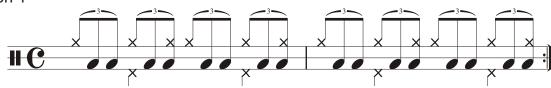
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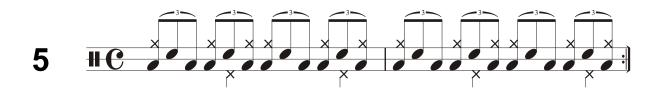


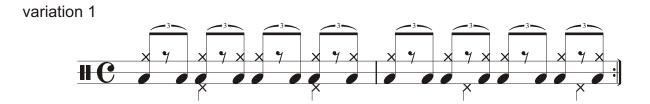
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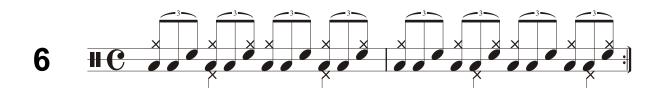


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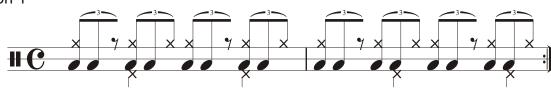




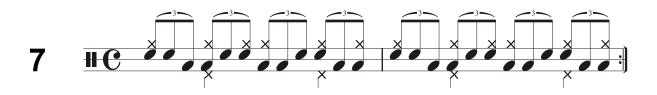




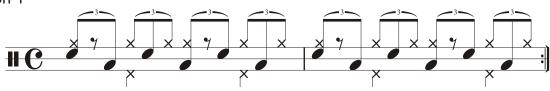
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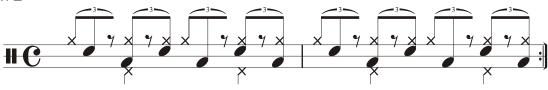
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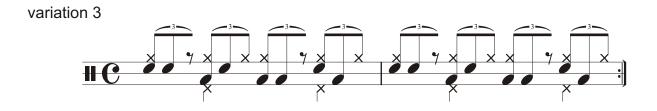


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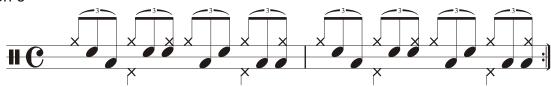


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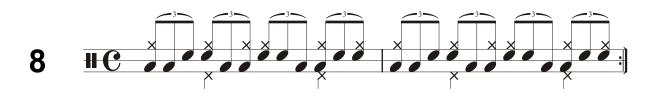




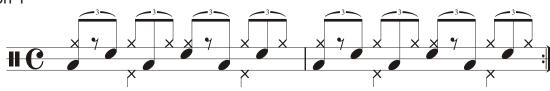
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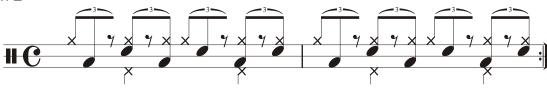
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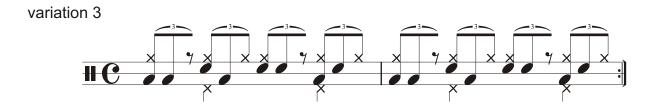


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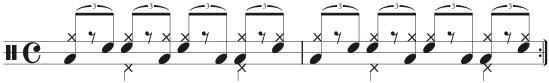


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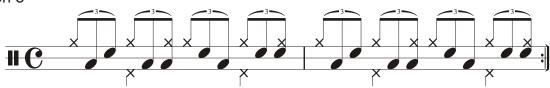




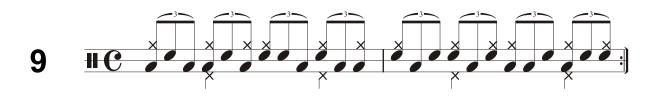
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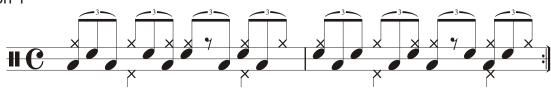
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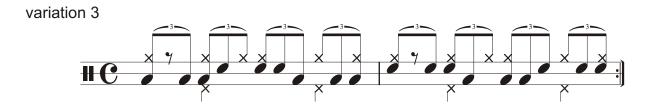
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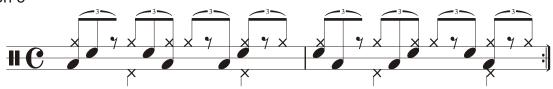
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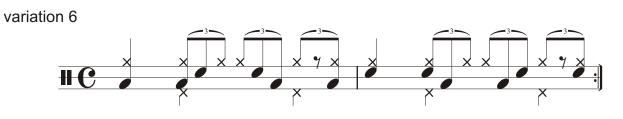
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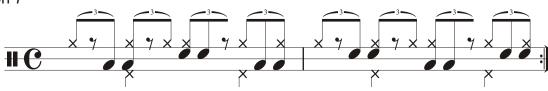
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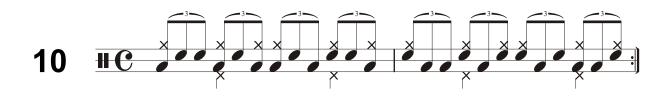


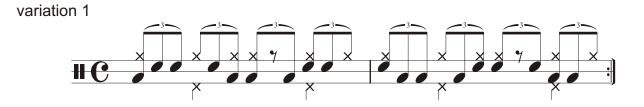
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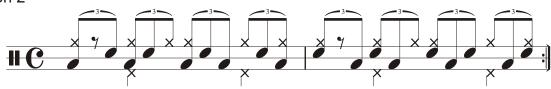
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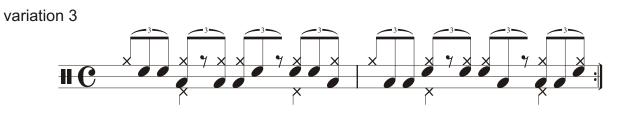




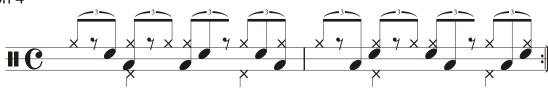
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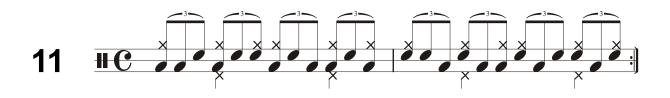


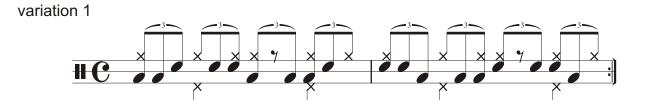
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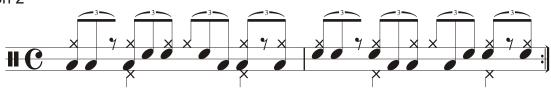
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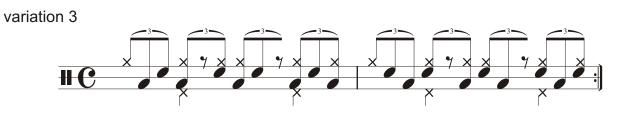




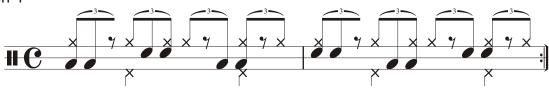
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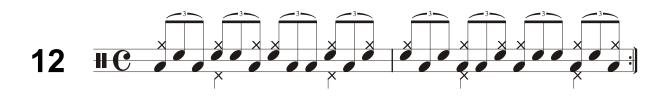
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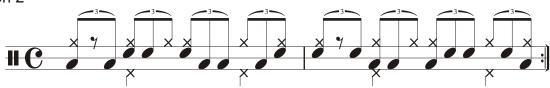
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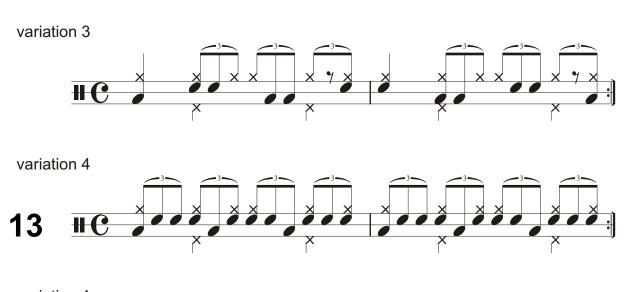
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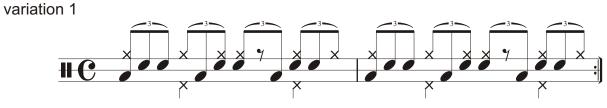


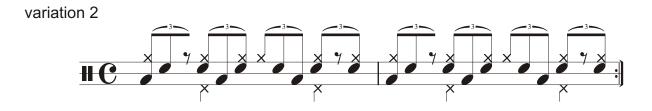
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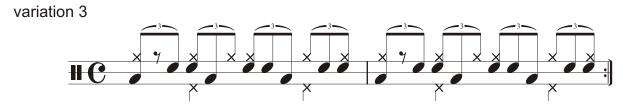


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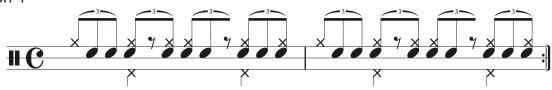




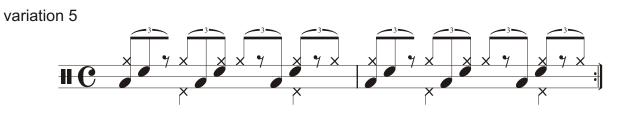




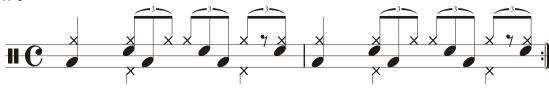
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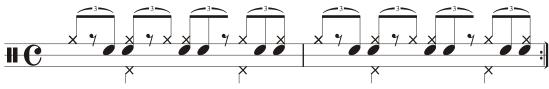
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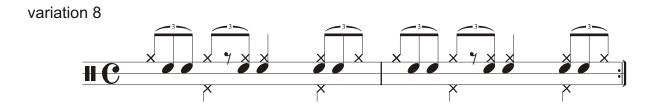


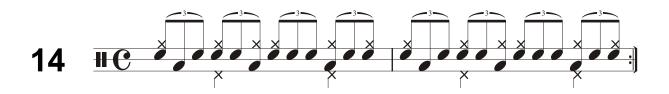
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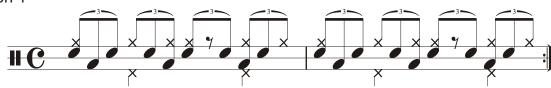
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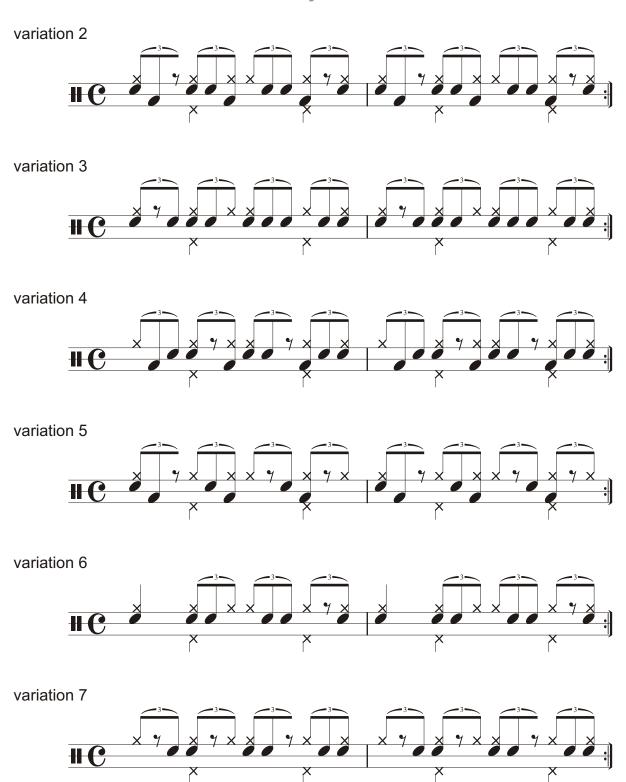




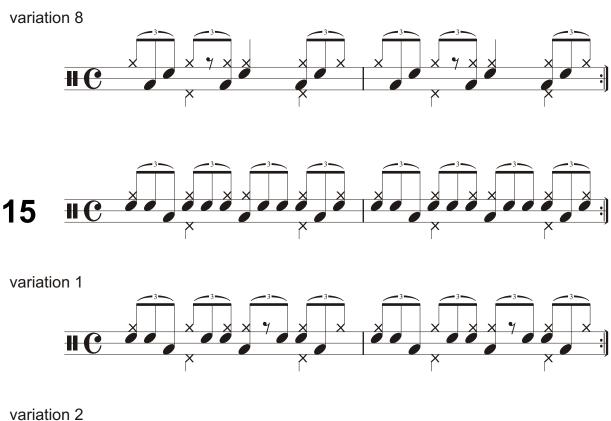
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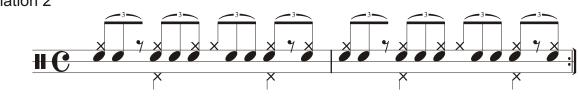


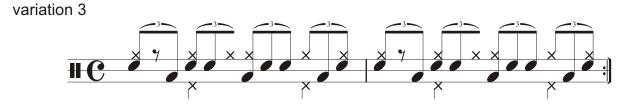
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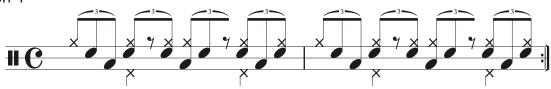
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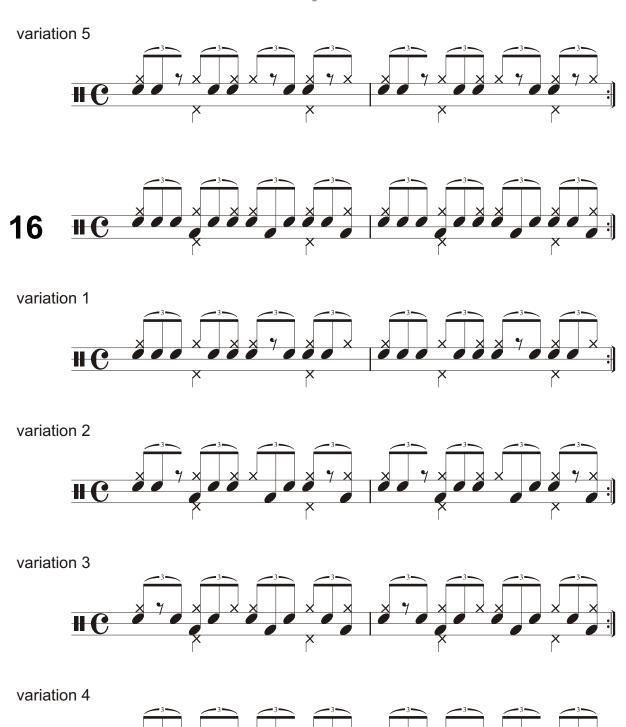




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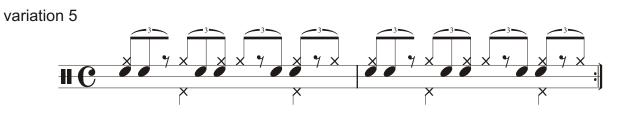
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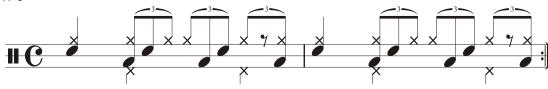
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**HC** 

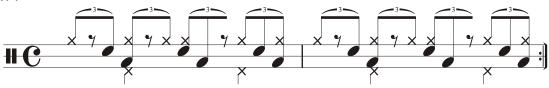
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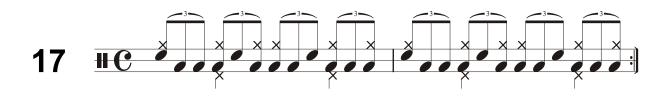


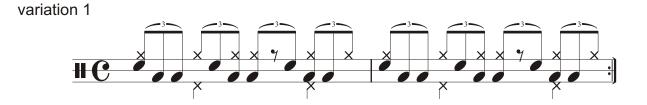
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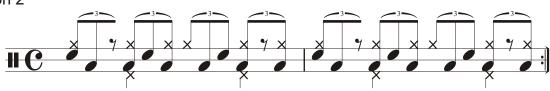
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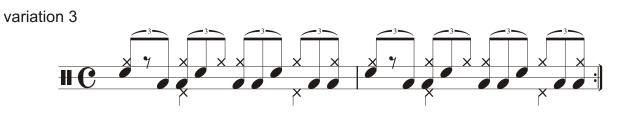




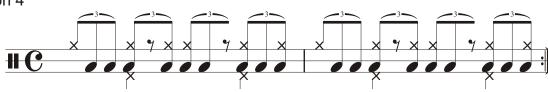
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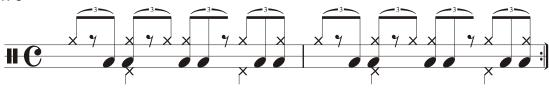
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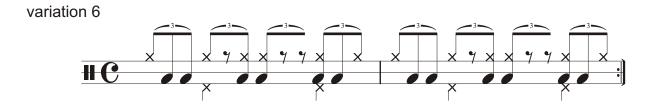


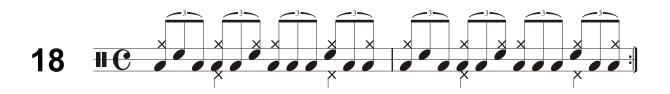
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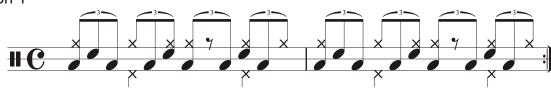
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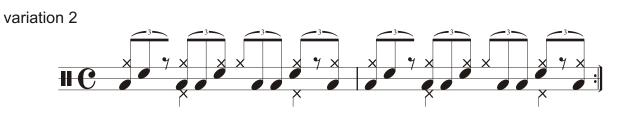




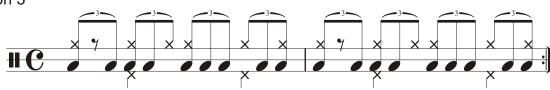
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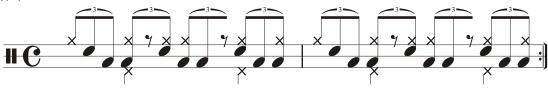
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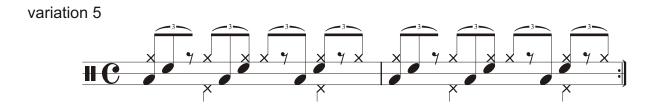


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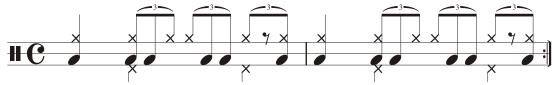


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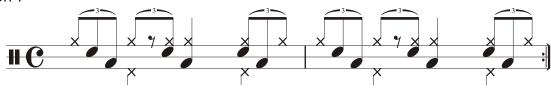




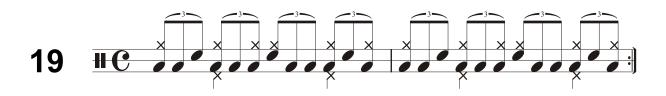
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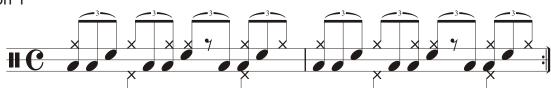
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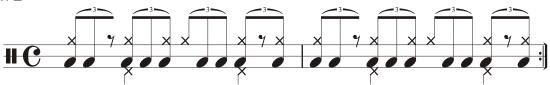
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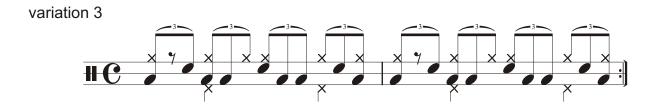


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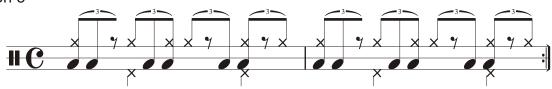
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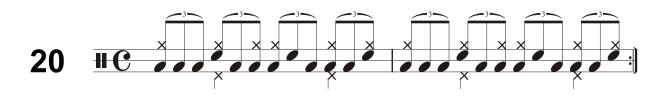


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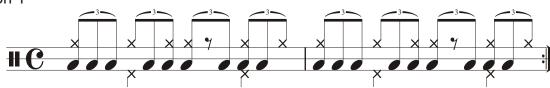
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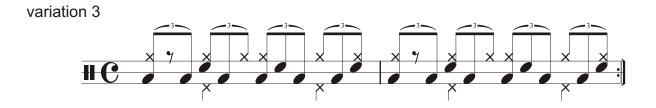
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variation 1

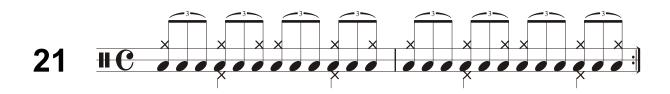


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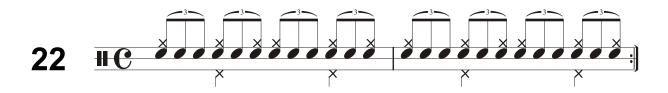


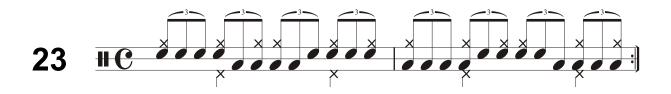
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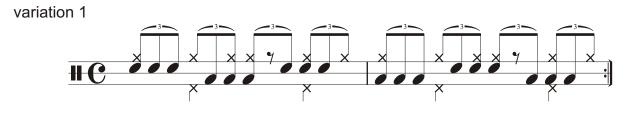


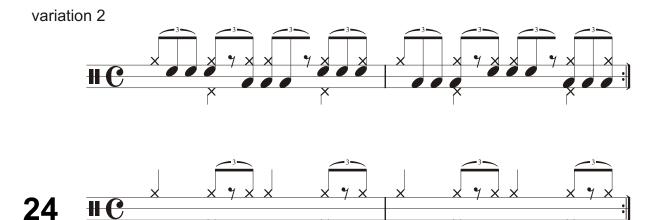


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X

X

# And posibilities will never end...

X

X