

Valentino Vitali

Swiss army triplet

Exercise 1

R R L R R L R R L R R L R R L R R L R L R

L L R L L R L L R L L R L L R L R L

R R L R R L R R L R L R L L R L L R L R L

R R L R L L R L R R L R R L R

L L R L L R L L R L L R L L R L R L

R R L R R L R R L R R L R R L R L R

L L R L L R L L R L R L R R L R R L R L R

L L R L R R L R L L R L

Swiss army triplet

Exercise 2.1

Exercise 2.1 consists of six staves of rhythmic exercises. Each staff begins with a treble clef and a 4/4 time signature. The exercises are composed of eighth notes grouped in triplets, with accents (>) placed above the first note of each triplet. The footwork notation below each staff is as follows:

- Staff 1: R R L R R L R R L R R L | R R L R R L R R L R R L
- Staff 2: R L L R L L R L L R L L | R L L R L L R L L R L L
- Staff 3: R L R R L R R L R R L R | R L R R L R R L R R L R
- Staff 4: L L R L L R L L R L L R | L L R L L R L L R L L R
- Staff 5: L R R L R R L R R L R R | L R R L R R L R R L R R
- Staff 6: L R L L R L L R L L R L | L R L L R L L R L L R L

Exercise 2.2

Exercise 2.2 consists of three staves of rhythmic exercises. Each staff begins with a treble clef and a 4/4 time signature. The exercises are composed of eighth notes grouped in triplets, with accents (>) placed above the first note of each triplet. The footwork notation below each staff is as follows:

- Staff 1: R R L R R L R R L R R L | R L L R L L R L L R L L
- Staff 2: R L R R L R R L R R L R | L L R L L R L L R L L R
- Staff 3: L R R L R R L R R L R R | L R L L R L L R L L R L

Swiss army triplet

Exercise 6 (5/8 16th)

R R L R R L L R L L R R L R R L L R L L

Exercise 7 (quintuplet)

R R L R R L L R L L R R L R R L L R L L

Exercise 8

R R L R R L L R L L R R L R R L L R L L R R L R

R L L R L L R R L R R L L R L L R R L R R L R

R L L R L L R R L R R L L R L L R R L R

R R L R R L L R L L R R L R R L L R L L

R R L R R L L R L L R R L R R L L R L L