

Contents

Introduction	3
Basic Grooves	
Duple Rhythms and Sixteenth Notes.....	4 - 6
Triplets and Shuffles	7 - 9
Transitional Grooves in 4/4	10 - 14
Transitional Grooves in 2/4	15 - 17
Sudden Transitional Grooves	18 - 22
Double Time Grooves in 4/4	23, 24
Double Time Grooves in 2/4	25
Double Time Grooves using Sudden Rate Changes	26, 27
Grooves using Three Stroke Ruffs	28, 29
Grooves using Four Stroke Ruffs	30 - 35
Tradeoffs - Overview	37
Quadlets	38 - 40
Quadlets and Four Note Components	41 - 48
Tradeoffs in 4/4	49 - 52
Tradeoffs in 3/4	53 - 57
Sextuplet Tradeoffs	58 - 62
Advanced Tradeoffs in 4/4	63 - 65
Advanced Tradeoffs in 3/4	66 - 73
Advanced Sextuplet Tradeoffs	74 - 82