

# Flam Tap Workout

By John Xepoleas

- ◆ Start at a slow comfortable tempo practicing each example by itself.
- ◆ Play all accented notes 6 - 12" off of the head. Play all unaccented notes 2 - 3" off of the head.
- ◆ Once you can comfortably play each example practice this workout as one long piece starting with the first example and playing through the last.
- ◆ Repeat each example four times.
- ◆ Make smooth transitions between examples and always lock in with the click.

♩ = 52 - 63

1.

LR R RL L LR R RL L

2.

LR R RL L LR R RL L LR R RL L

3.

LR R RL L LR R RL L LR R RL L LR R RL L

4.

LR R RL L LR R RL L LR R RL L

5.

LR R RL L LR R RL L LR R RL L LR R RL L