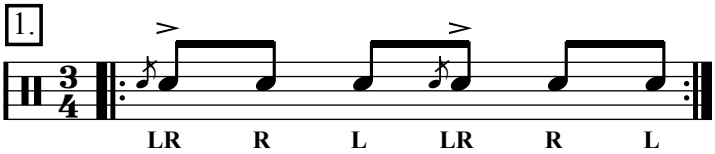
Swiss Triplet Workout

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 - 72

1.



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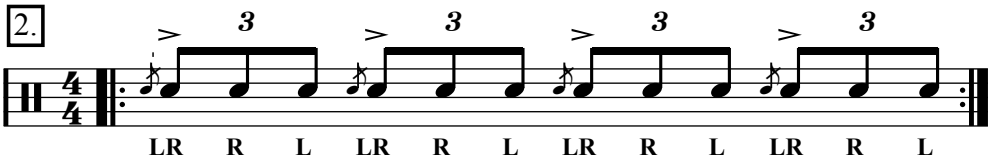

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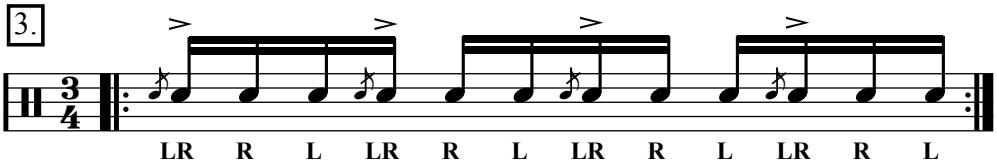

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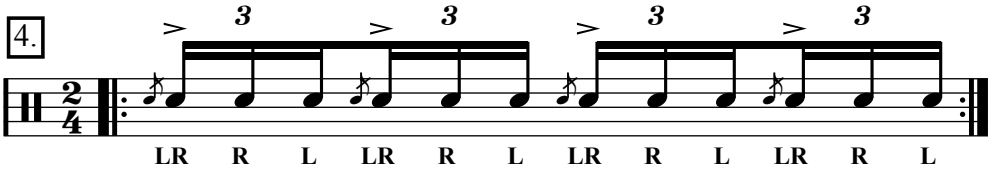
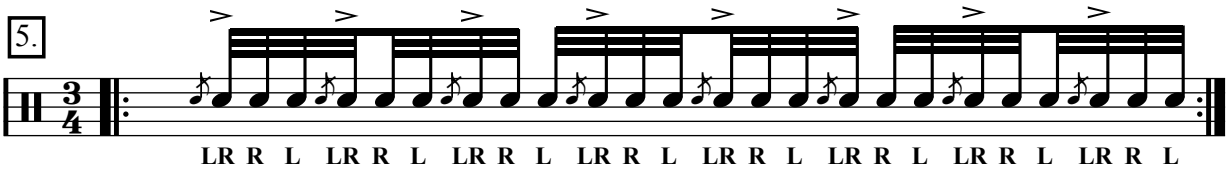
5.