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O MOVIMENTO DO BATERISTA

Guia de coordenação e independência

Editora

Apresentação

Apresentação

Olá, meu nome é André Marques Fernandes e venho através desse método de bateria demonstrar de uma forma bem simples e intuitiva, diversas coordenações, sonoridades, viradas e ritmos representados por uma “escrita musical” diferente, que resolvi adaptar após anos de ensinamentos para meus alunos. Os sinais e as setas são as figuras principais desse método, onde adultos e crianças poderão compreender naturalmente a essência do movimento e como coordenar seus pés e suas mãos de uma forma inovadora em relação a utilizada nos dias de hoje. Espero que através de uma nova idéia, o mundo de possibilidades se abra para você.

Neste método apresento 6 tipos de movimentos que acho fundamental para aplicações de viradas e ritmos, são eles:

- Movimento Fixo (uma das mãos fica sempre no mesmo tambor)
- Movimento Diagonal (a mão sempre vai de um tambor ao outro no sentido diagonal)
- Movimento Horizontal (a mão sempre vai de um tambor ao outro no sentido horizontal)
- Movimento Vertical (a mão sempre vai de um tambor ao outro no sentido vertical)
- Movimento Circular (a mão sempre vai de um tambor ao outro no sentido circular, usa-se 4 tambores)
- Movimento Triangular (a mão sempre vai de um tambor ao outro no sentido triangular, usa-se sempre três tambores)

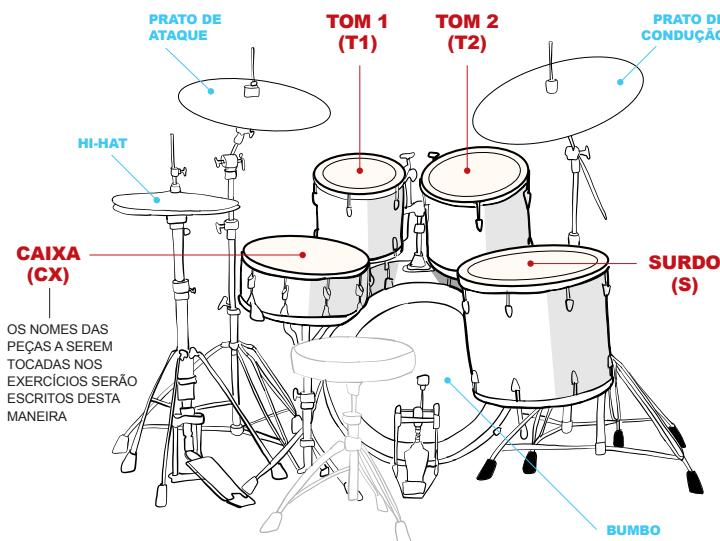
Existe mais um movimento que não considero dentro os 6 pois ele é a mistura de alguns que resolvi adicionar, mesclando assim algumas idéias diferentes, chamado de Movimento Aleatório.

Como estudar?

Todos os exercícios e coordenações que proponho, foram pensados para serem feitos sempre com as mãos intercaladas, isto é, mão direita e depois esquerda, ou vice e versa. É muito importante seguir o roteiro das notas e BPMs que aconselho para cada tipo de toque (simples e duplos) pois isso influenciará demais na capacidade de desenvolvimento e compreensão de cada movimento. Muitas das vezes aparecerá os cruzamentos de braços ou também conhecido pelo nome de (Crossover) onde você terá que ver a melhor posição das mãos para conseguir o melhor desempenho. Tenho certeza que após conseguir fazer diversos desses exercícios, com certeza será capaz de aumentar o poder da criação e desenvolvimento que há dentro de você.

Bom estudo e aprendizado!

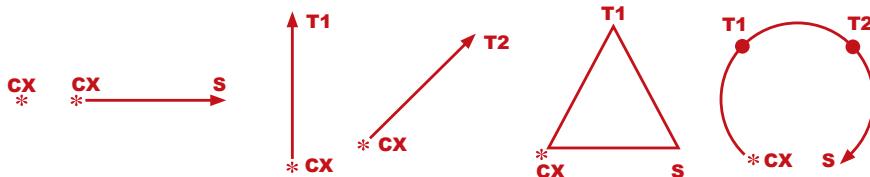
Peças de uma bateria



— PEÇAS QUE SERÃO UTILIZADAS NAS SETAS DOS DIAGRAMAS DOS EXERCÍCIOS — OUTRAS PEÇAS

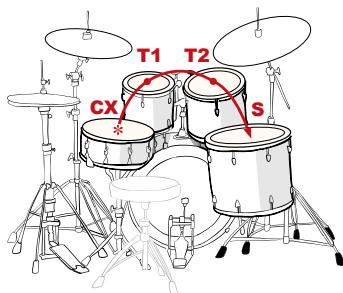
Simbologia

- * Asterisco indica o início do movimento
- *→ A seta indica a direção do movimento de início * e fim
- Os pontos indicam a localização dos tambores restantes

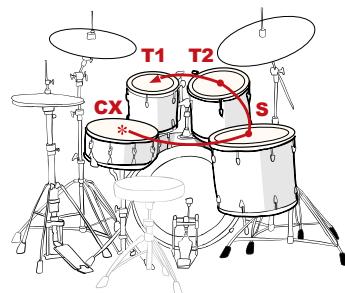


Tipos de movimento

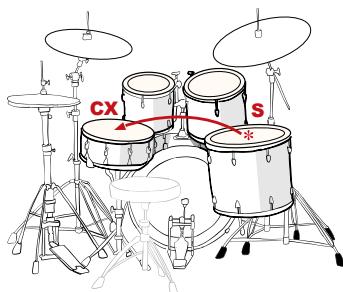
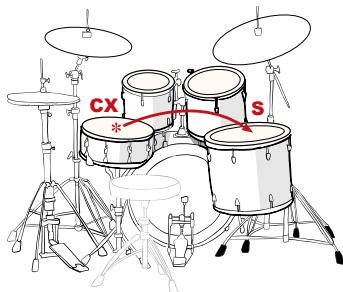
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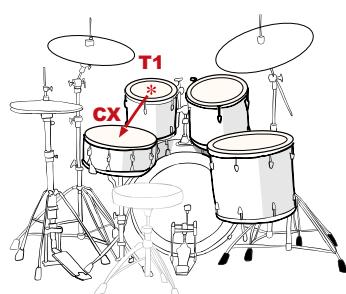
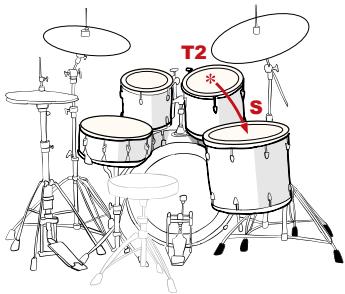
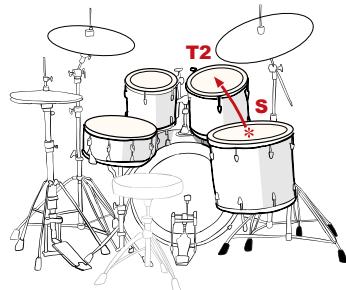
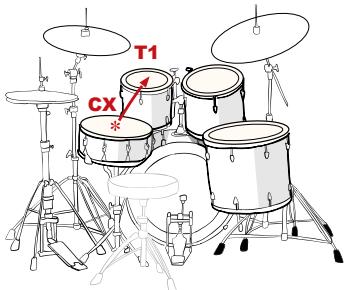
2. Movimento circular anti-horário



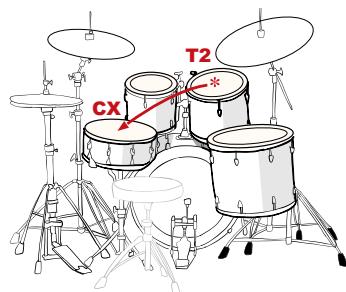
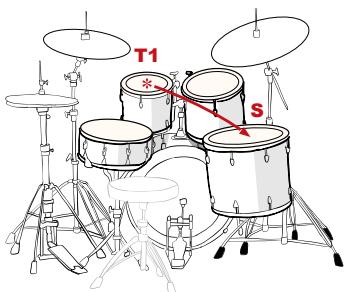
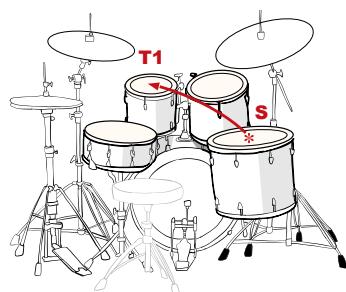
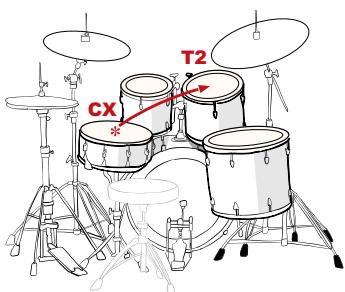
3. Movimento horizontal



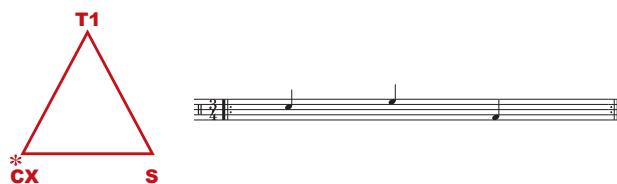
4. Movimento vertical



5. Movimento diagonal

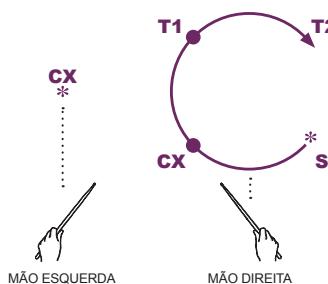


Aplicação



Movimento circular fixo

Exemplo do 4º exercício do movimento circular fixo



EXERCÍCIOS A, B e C – TOQUE SIMPLES (D, E, D, E) – DE 60 A 150 BPM
 EXERCÍCIOS D, E e F – TOQUE DUPLO (DD, EE, DD, EE) – DE 60 A 115 BPM
 EXERCÍCIOS G e H – TOQUE SIMPLES (D, E, D, E) – DE 90 A 120 BPM

A 	B
C 	D
E 	F
G 	H

FAÇA TODOS OS EXERCÍCIOS ACIMA COM ESSES BUMBOS E HI-HATS

1 	2
3 	4
5 	6
7 	8
9 	10

4 - A

4 - B

4 - C

4 - D

4 - E

4 - F

4 - G

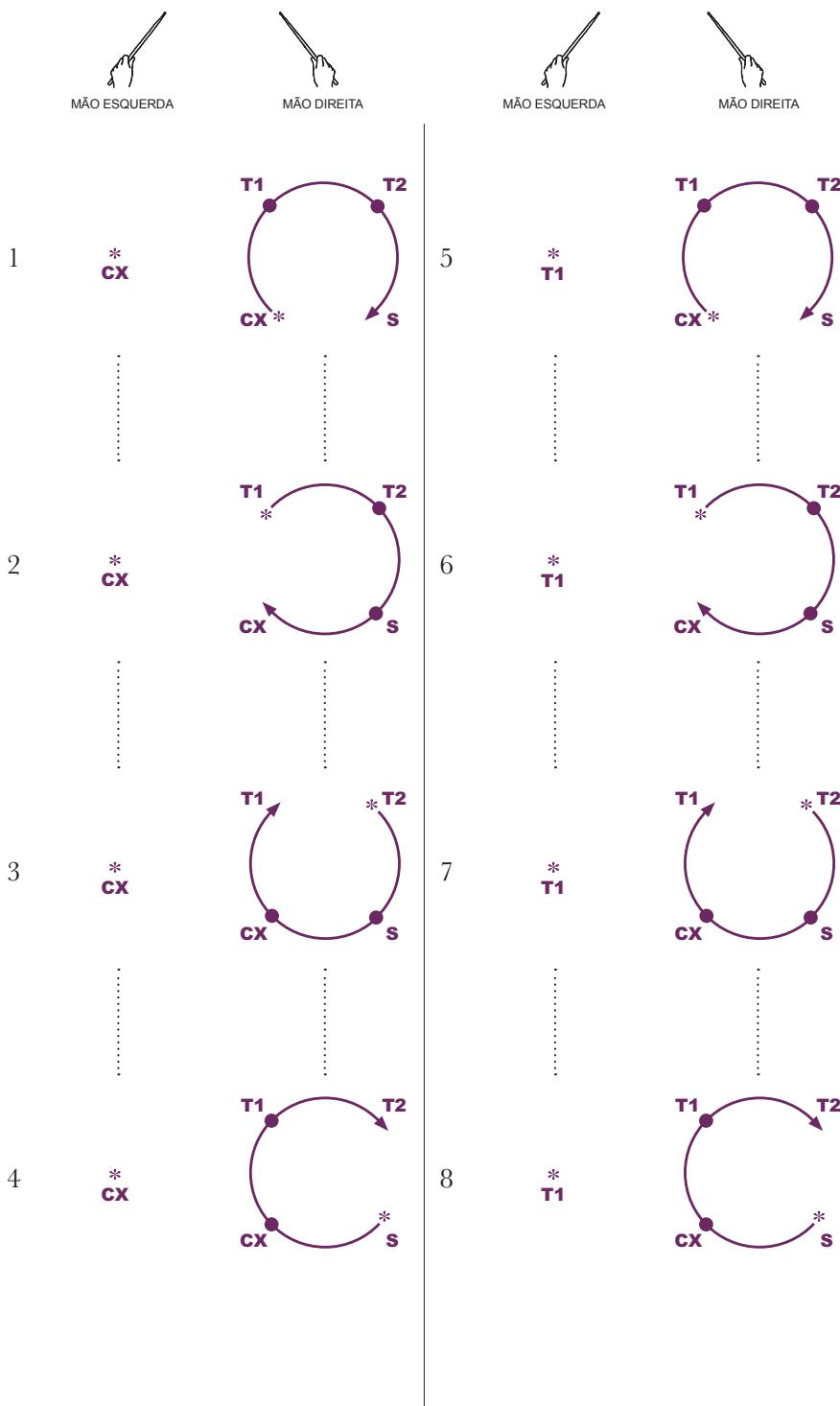
4 - H

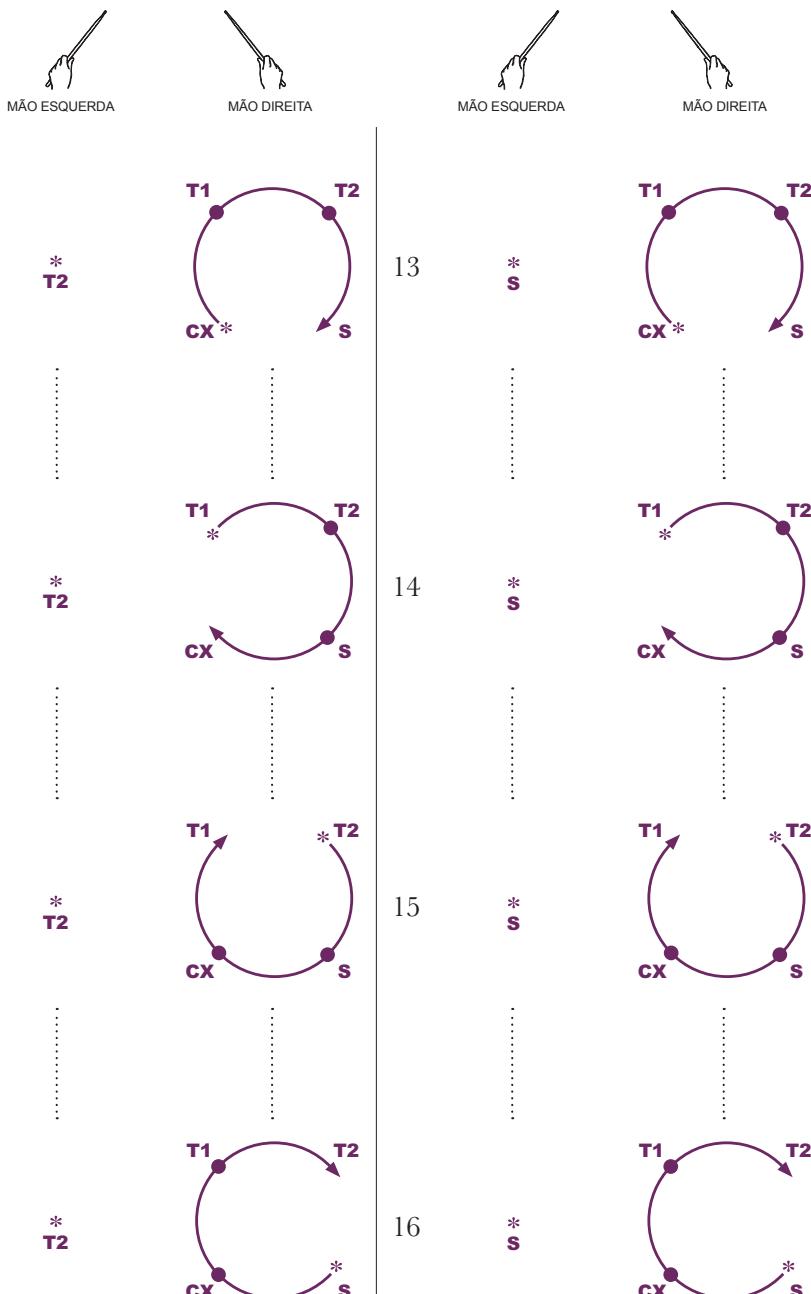
SIGA O EXEMPLO ACIMA E FAÇA O MESMO COM OS EXERCÍCIOS (1, 2, 3, 4, 5, 6, 7, 8, 9 e 10)
COLOCANDO PARA CADA UM DELES OS EXERCÍCIOS (A, B, C, D, E, F, G e H)

CRIE OUTROS GROOVES COM O HI-HAT E O BUMBO EM SEMÍMINAS, TERCINAS, SEMICOLCHEIAS, ETC.

OBS.: OS EXERCÍCIOS 'G' e 'H' FAZER APENAS COM OS EXERCÍCIOS (1, 4, 6, e 8)

Movimento circular fixo (sentido horário)



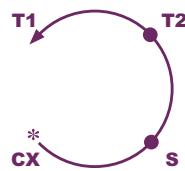


Movimento circular fixo (sentido anti-horário)



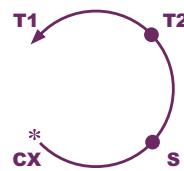
1

* CX



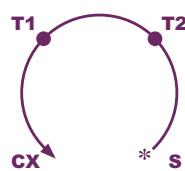
5

* T1



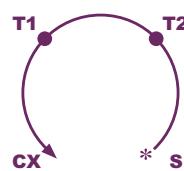
2

* CX



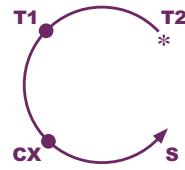
6

* T1



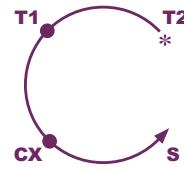
3

* CX



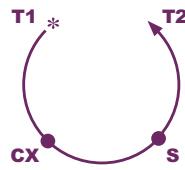
7

* T1



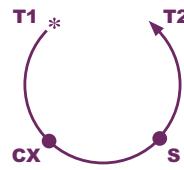
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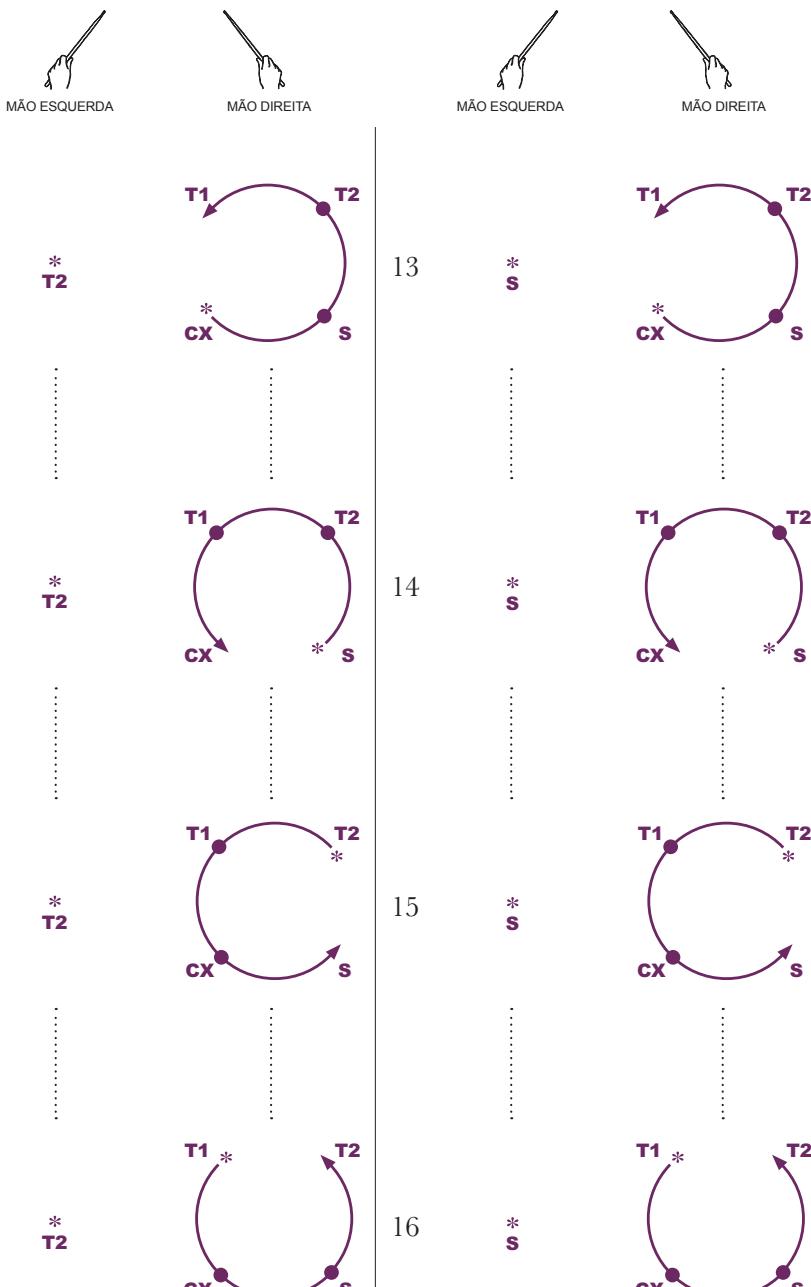
* CX



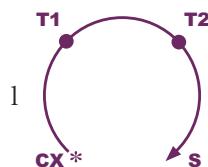
8

* T1

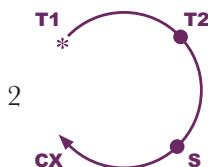




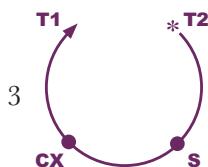
Movimento circular fixo (sentido horário)



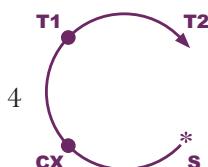
* CX



* CX



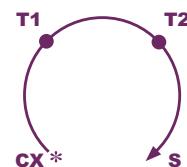
* CX



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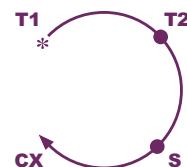
5

* T1



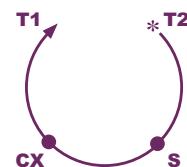
6

* T1



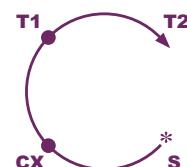
7

* T1



8

* T1





MÃO ESQUERDA



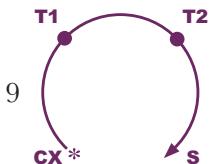
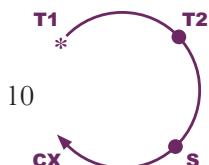
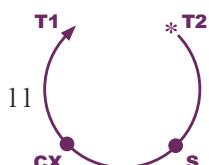
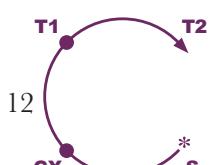
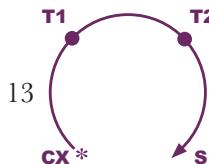
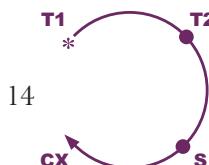
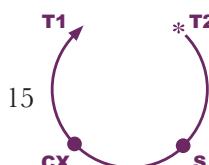
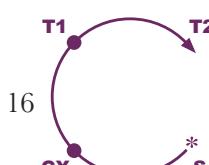
MÃO DIREITA



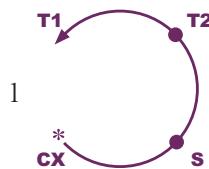
MÃO ESQUERDA



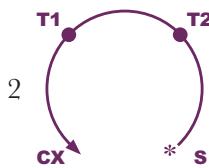
MÃO DIREITA

*
T2*
T2*
T2*
T213
*
T2*
S14
*
T2*
S15
*
T2*
S16
*
T2*
S

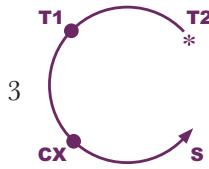
Movimento circular fixo (sentido anti-horário)



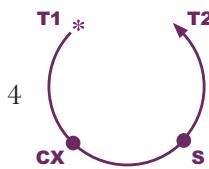
* CX



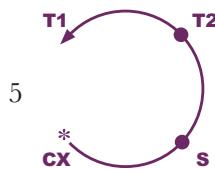
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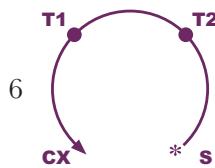
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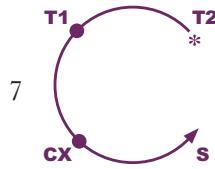
* CX



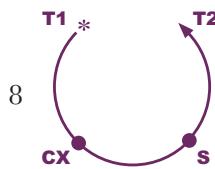
* T1



* T1



* T1



* T1



MÃO ESQUERDA



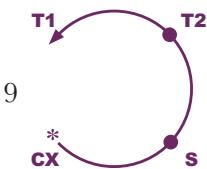
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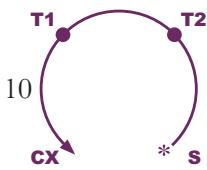
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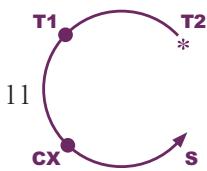
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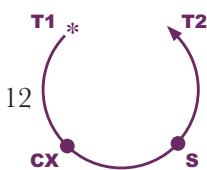
* T2



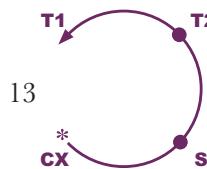
* T2



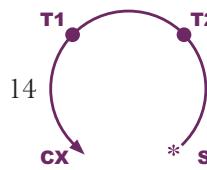
* T2



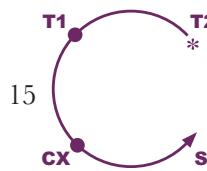
* T2



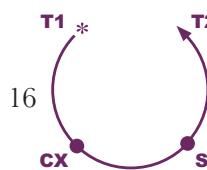
* S



* S



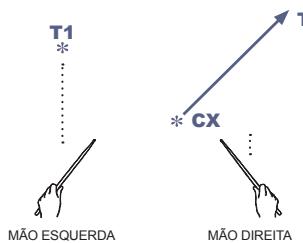
* S



* S

Movimento diagonal fixo

Exemplo do 3º exercício do movimento diagonal fixo



EXERCÍCIOS A, B e C – TOQUE SIMPLES (D, E, D, E) – DE 60 A 150 BPM
 EXERCÍCIOS D, E e F – TOQUE DUPLO (DD, EE, DD, EE) – DE 80 A 115 BPM
 EXERCÍCIOS G e H – TOQUE SIMPLES (D, E, D, E) – DE 90 A 120 BPM

A	B
C	D
E	F
G	H

FAÇA TODOS OS EXERCÍCIOS ACIMA COM ESSES BUMBOS E HI-HATS

1	2
3	4
5	6
7	8
9	10

3 - A

3 - B

3 - C

3 - D

3 - E

3 - F

SIGA O EXEMPLO ACIMA E FAÇA O MESMO COM OS EXERCÍCIOS (1, 2, 3, 4, 5, 6, 7, 8, 9 e 10)
COLOCANDO PARA CADA UM DELES OS EXERCÍCIOS (A, B, C, D, E, F, G e H)

CRIE OUTROS GROOVES COM O HI-HAT E O BUMBO EM SEMINIMAS, TERCINAS, SEMICOLCHEIAS, ETC.

OBS.: OS EXERCÍCIOS 'G' e 'H' FAZER APENAS COM OS EXERCÍCIOS (1, 4, 6, e 8)

Movimento diagonal fixo



MÃO ESQUERDA



MÃO DIREITA



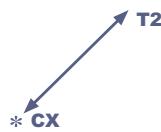
MÃO ESQUERDA



MÃO DIREITA

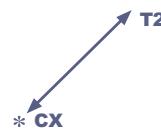
1

* CX



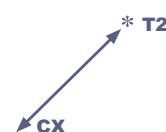
5

* T2



2

* CX



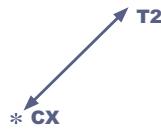
6

* T2



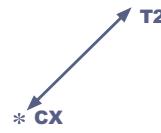
3

* T1



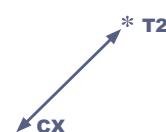
7

* S



4

* T1



8

* S





MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA

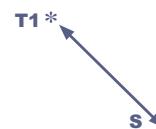


MÃO DIREITA

9

*
cx

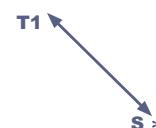
13

*
t2

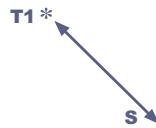
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*
cx

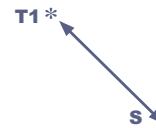
14

*
t2

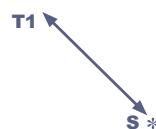
11

*
t1

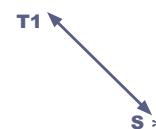
15

*
s

12

*
t1

16

*
s

Movimento diagonal fixo



MÃO ESQUERDA



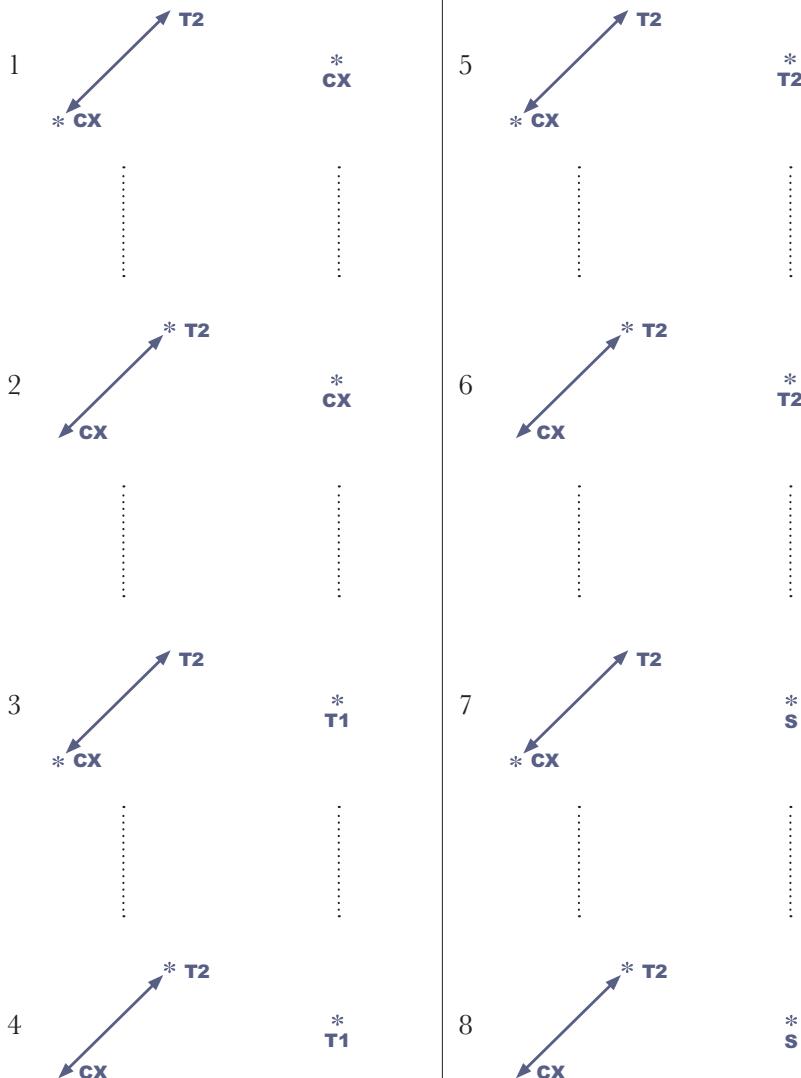
MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA





MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA

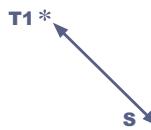


MÃO DIREITA

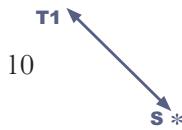


* CX

13

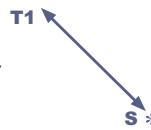


* T2

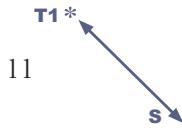


* CX

14

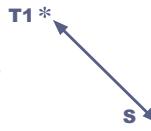


* T2



* T1

15

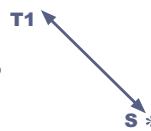


* S



* T1

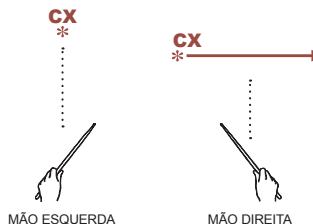
16



* S

Movimento horizontal fixo

Exemplo do 1º exercício do movimento horizontal fixo



EXERCÍCIOS A, B e C – TOQUE SIMPLES (D, E, D, E) – DE 60 A 150 BPM
 EXERCÍCIOS D, E e F – TOQUE DUPLO (DD, EE, DD, EE) – DE 80 A 115 BPM
 EXERCÍCIOS G e H – TOQUE SIMPLES (D, E, D, E) – DE 90 A 120 BPM

A	B
C	D
E	F
G	H

FAÇA TODOS OS EXERCÍCIOS ACIMA COM ESSES BUMBOS E HI-HATS

1	2
3	4
5	6
7	8
9	10

1 - A

1 - B

1 - C

1 - D

1 - E

1 - F

1 - G

1 - H

SIGA O EXEMPLO ACIMA E FAÇA O MESMO COM OS EXERCÍCIOS (1, 2, 3, 4, 5, 6, 7, 8, 9 e 10)
COLOCANDO PARA CADA UM DELES OS EXERCÍCIOS (A, B, C, D, E, F, G e H)

CRIE OUTROS GROOVES COM O HI-HAT E O BUMBO EM SEMÍNIMAS, TERCINAS, SEMICOLCHEIAS, ETC.

OBS.: OS EXERCÍCIOS 'G' e 'H' FAZER APENAS COM OS EXERCÍCIOS (1, 4, 6, e 8)

Movimento horizontal fixo

MHF



MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

1

*
CX

CX ← → **S**

2

*
CX

CX ← → **S**

3

*
T1

CX ← → **S**

4

*
T1

CX ← → **S**

5

*
T2

CX ← → **S**

6

*
T2

CX ← → **S**

7

*
S

CX ← → **S**

8

*
S

CX ← → **S**



MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

9

cx****T1** ← → **T2**

13

T2****T1** ← → **T2**

10

cx****T1** ← → **T2**

14

T2****T1** ← → **T2**

11

T1****T1** ← → **T2**

15

s****T1** ← → **T2**

12

T1****T1** ← → **T2**

16

s****T1** ← → **T2**

Movimento horizontal fixo



MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

1 

* CX

5 

* CX

2 

* CX

6 

* CX

3 

* T1

7 

* T1

4 

* T1

8 

* T1



MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

9 **T1** ← → **T2**
 * *

*
CX

13 **T1** ← → **T2**
 * *

*
CX

10 **T1** ← → **T2**
 * *

*
CX

14 **T1** ← → **T2**
 * *

*
CX

11 **T1** ← → **T2**
 * *

*
T1

15 **T1** ← → **T2**
 * *

*
T1

12 **T1** ← → **T2**
 * *

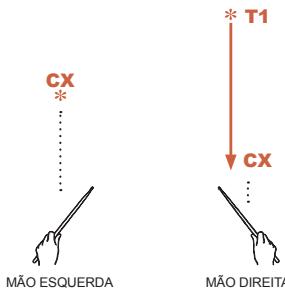
*
T1

16 **T1** ← → **T2**
 * *

*
T1

Movimento vertical fixo

Exemplo do 1º exercício do movimento vertical fixo



EXERCÍCIOS A, B e C – TOQUE SIMPLES (D, E, D, E) – DE 60 A 150 BPM
 EXERCÍCIOS D, E e F – TOQUE DUPLO (DD, EE, DD, EE) – DE 80 A 115 BPM
 EXERCÍCIOS G e H – TOQUE SIMPLES (D, E, D, E) – DE 90 A 120 BPM

A

B

C

D

E

F

G

H

FAÇA TODOS OS EXERCÍCIOS ACIMA COM ESSES BUMBOS E HI-HATS

1

2

3

4

5

6

7

8

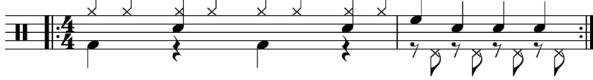
9

10

Exemplos

MVF

2 - A



2 - B



2 - C



2 - D



2 - E



2 - F



2 - G



2 - H



SIGA O EXEMPLO ACIMA E FAÇA O MESMO COM OS EXERCÍCIOS (1, 2, 3, 4, 5, 6, 7, 8, 9 e 10)
COLOCANDO PARA CADA UM DELES OS EXERCÍCIOS (A, B, C, D, E, F, G e H)

CRIE OUTROS GROOVES COM O HI-HAT E O BUMBO EM SEMÍNIMAS, TERCINAS, SEMICOLCHEIAS, ETC.

OBS.: OS EXERCÍCIOS 'G' e 'H' FAZER APENAS COM OS EXERCÍCIOS (1, 4, 6, e 8)

Movimento vertical fixo

MVF



1

* CX



2

* CX



3

* T1



4

* T1



5

* T2



6

* T2



7

* S



8

* S





MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

9

*
CX

10

*
CX

11

*
T1

12

*
T1

13

*
T2

14

*
T2

15

*
S

16

*
S

Movimento vertical fixo

MVF



1



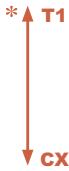
* CX

5



* T2

2



* CX

6



* T2

3



* T1

7



* S

4

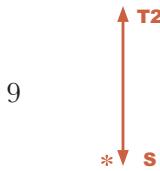


* T1

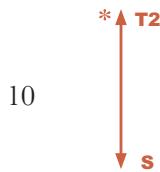
8



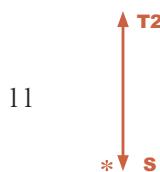
* S



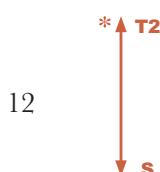
* CX



* CX



* T1



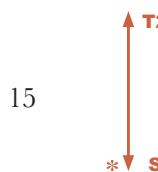
* T1



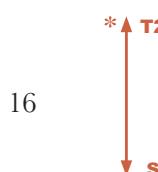
* CX



* CX



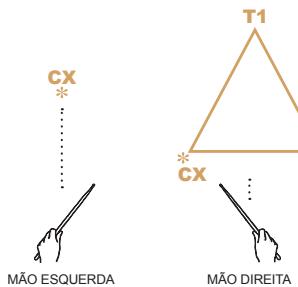
* S



* S

Movimento triangular fixo

Exercício de exercícios (dentre os muitos) triangular fixo



MTF

EXERCÍCIOS A, B e C – TOQUE SIMPLES (D, E, D, E) – DE 60 A 150 BPM
 EXERCÍCIOS D, E e F – TOQUE DUPLO (DD, EE, DD, EE) – DE 80 A 115 BPM
 EXERCÍCIOS G e H – TOQUE SIMPLES (D, E, D, E) – DE 90 A 120 BPM

A

B

C

D

E

F

G

H

FAÇA TODOS OS EXERCÍCIOS ACIMA COM ESSES BUMBOS E HI-HATS

1

2

3

4

5

6

7

8

9

10

Exemplos

MTF

7 - A

7 - B

7 - C

7 - D

7 - E

7 - F

SIGA O EXEMPLO ACIMA E FAÇA O MESMO COM OS EXERCÍCIOS (1, 2, 3, 4, 5, 6, 8, 9 e 10)
COLOCANDO PARA CADA UM DELES OS EXERCÍCIOS (A, B, C, D, E, F, G e H)

CRIE OUTROS GROOVES COM O HI-HAT E O BUMBO EM SEMÍNIMAS, TERCINAS, SEMICOLCHEIAS, ETC.

OBS.: OS EXERCÍCIOS 'G' e 'H' FAZER APENAS COM OS EXERCÍCIOS (1, 4, 6, e 8)

Movimento triangular fixo (se estende o horizonte)



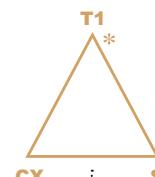
1

* CX



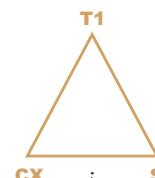
2

* CX



3

* CX



4

* T1



5

* T1



6

* T1



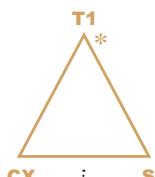
7

* T2



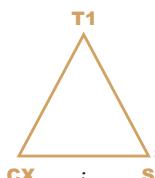
8

* T2



9

* T2



10

* S



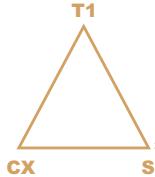
11

* S

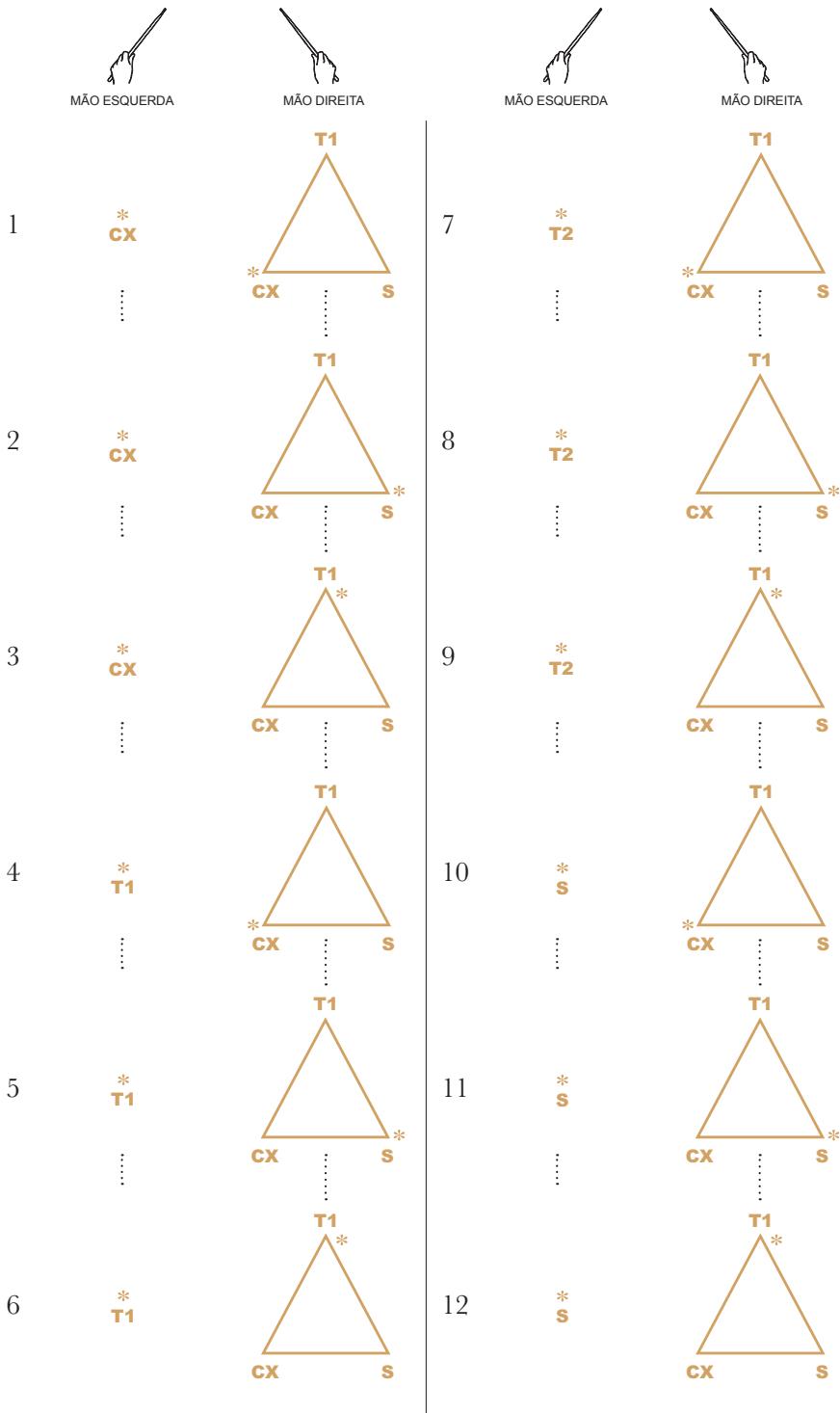


12

* S



Movingotrianglegualao fio (sentido-horário)



MCF

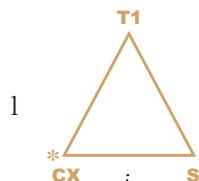
MTF

Movimento triangular fixo (se estende o horizonte)

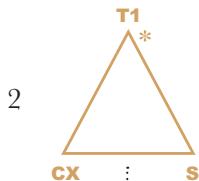
MCF



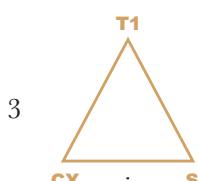
MTF



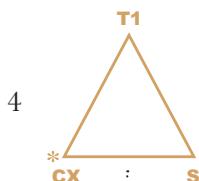
* CX



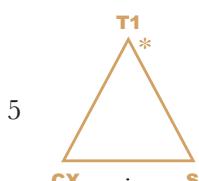
* CX



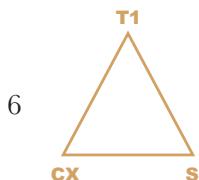
* CX



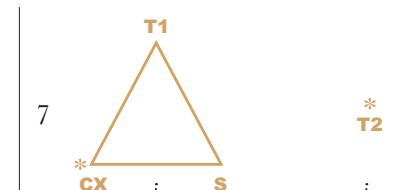
* T1



* T1



* T1



* T2



* T2



* T2



* S

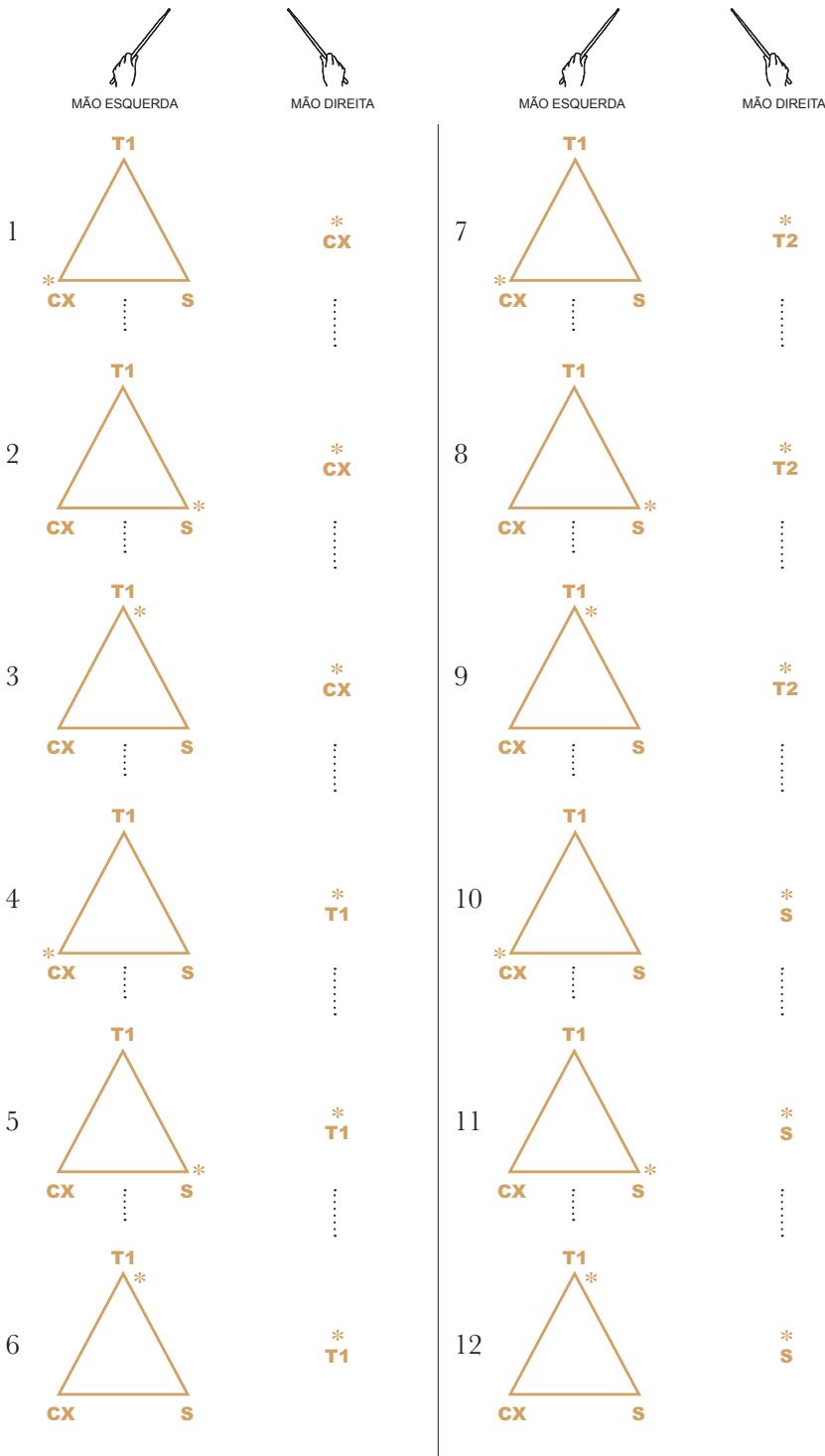


* S



* S

Movimento de acústico fixo (sentido horário)



MCF

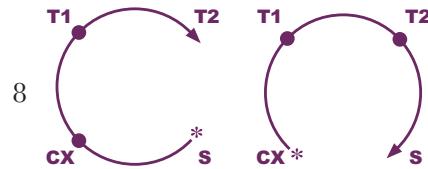
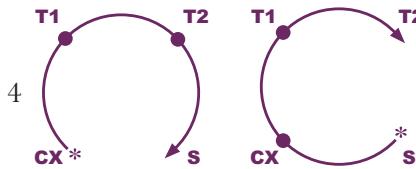
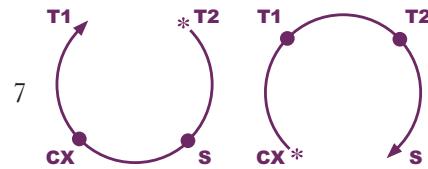
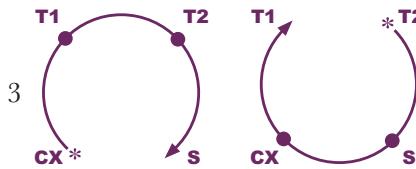
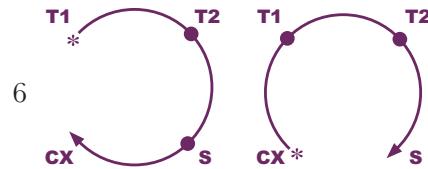
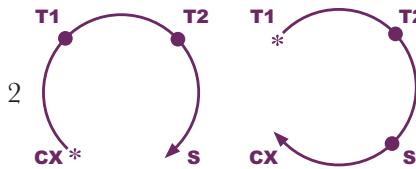
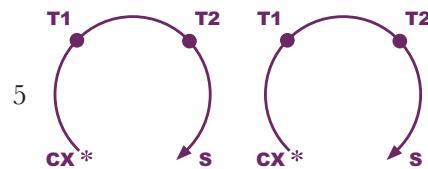
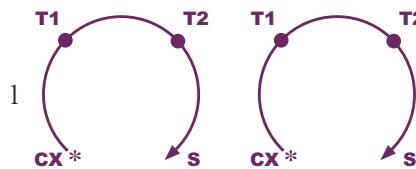
MTF

Movimento circular

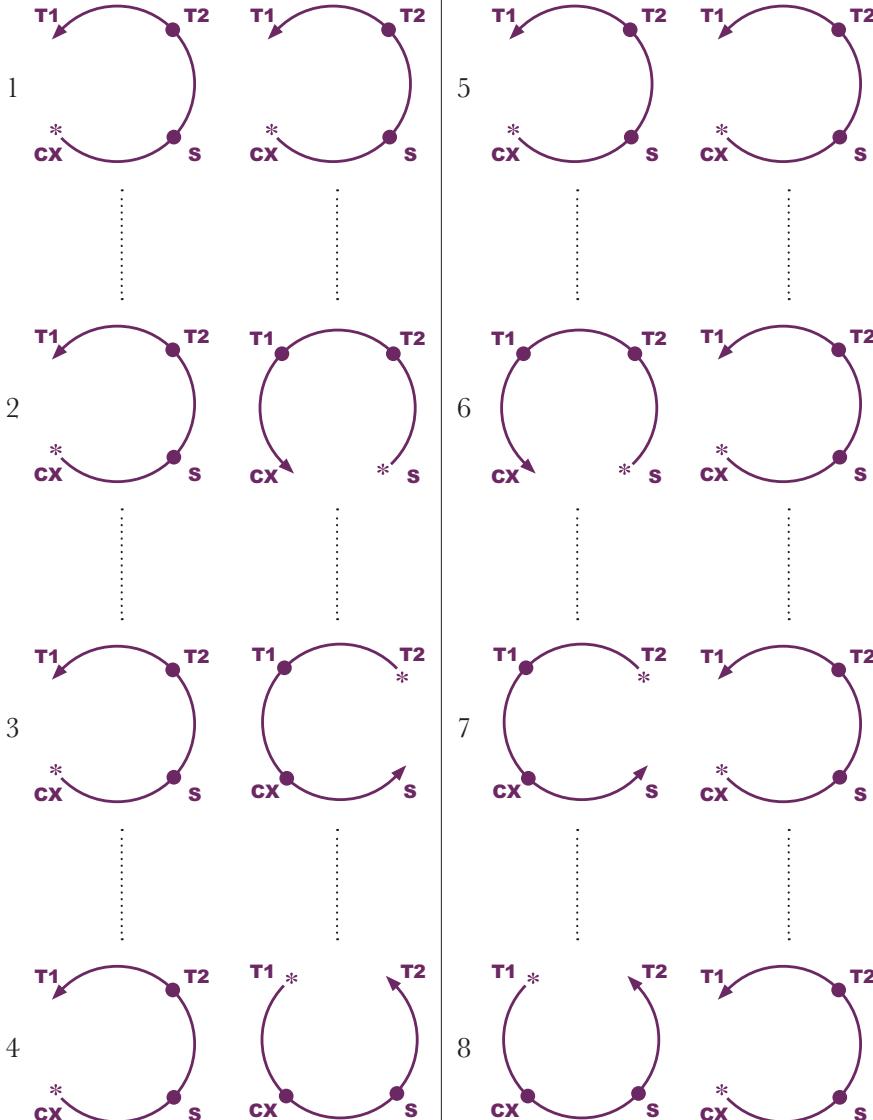
Movimento circular (sentido horário)



MC



Movimento circular (sentido anti-horário)

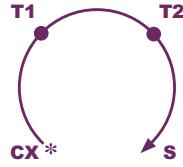
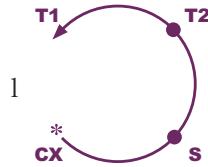


MC

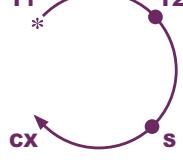
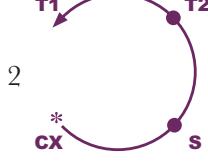
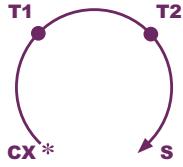
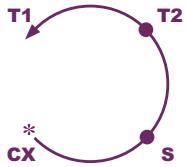
Movimento circular (sentido anti-horário e horário)



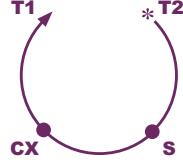
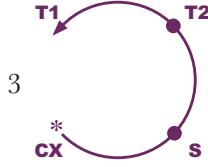
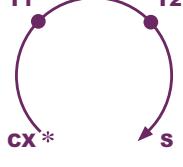
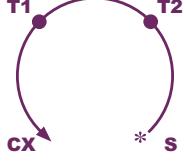
MC



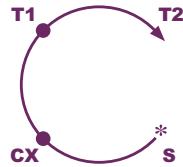
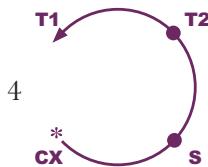
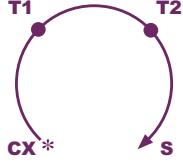
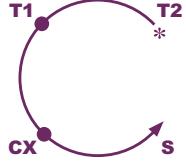
5



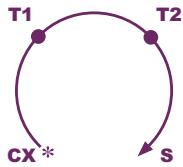
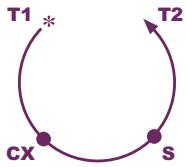
6



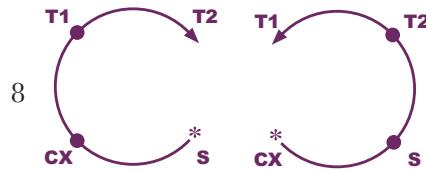
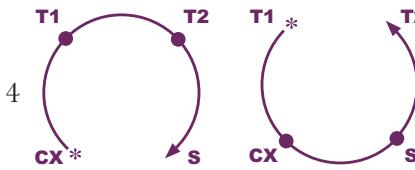
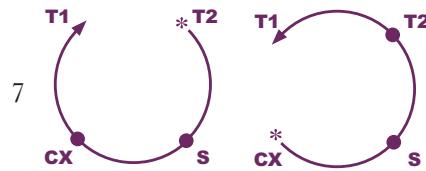
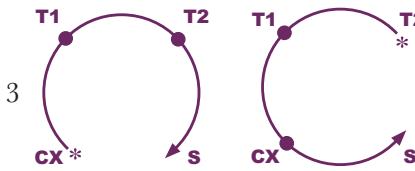
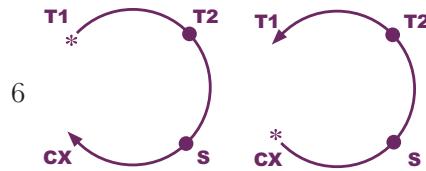
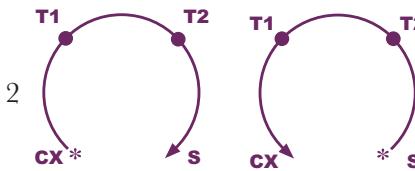
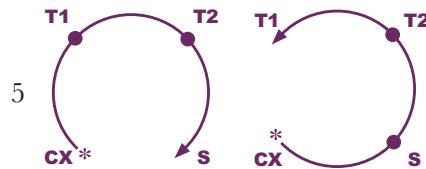
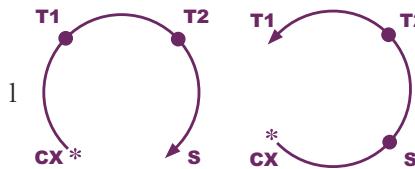
7



8



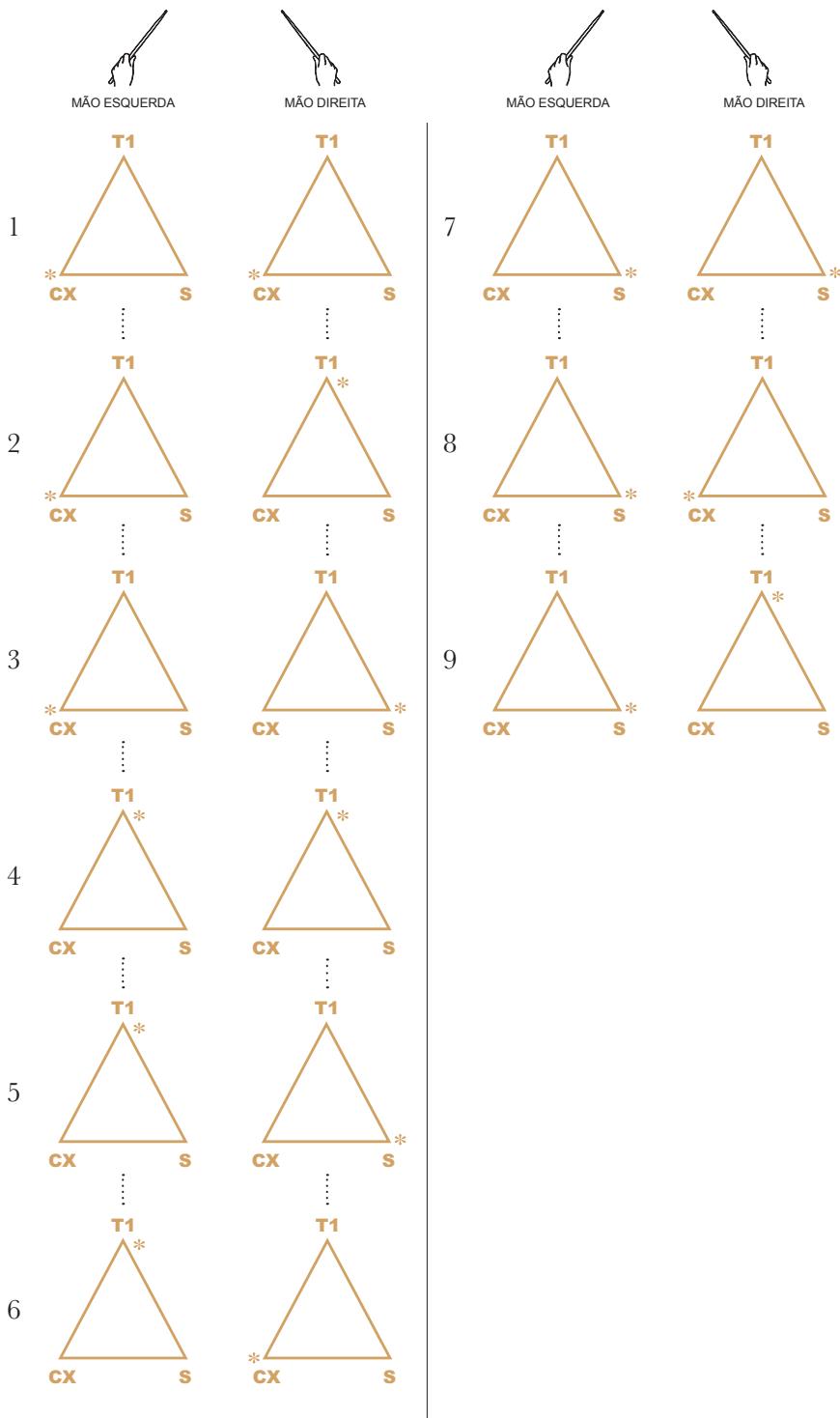
Movimento circular (sentido horário e anti-horário)



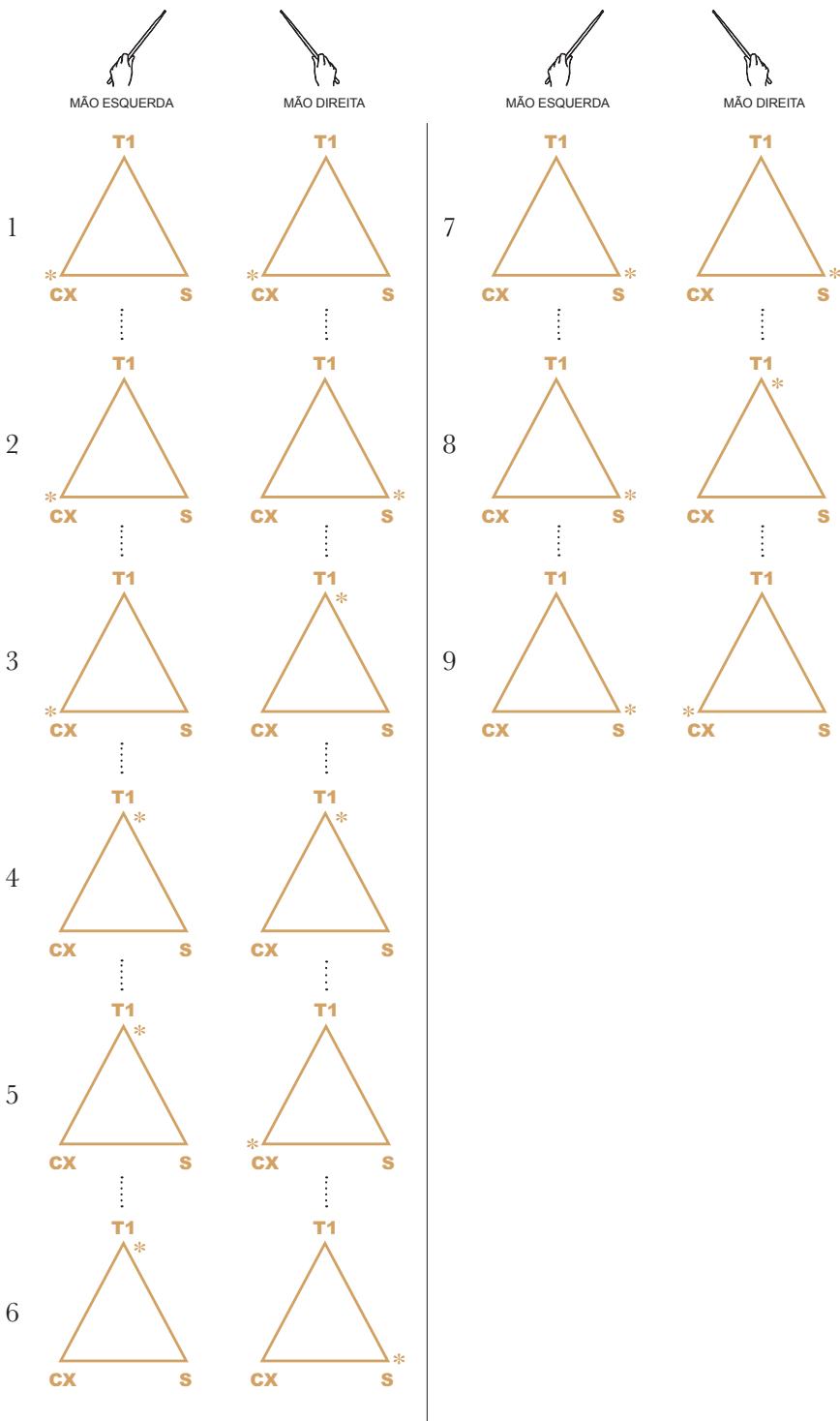
MC

Movimento triangular

Movimento triangular (sentido horário)



Movimento triangular (sentido anti-horário)



Movimento horizontal

Movimento horizontal



MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

1 **CX** ← → **s**
* → → *

CX ← → **s**
* → → *

2 **CX** ← → **s**
* → → *

CX ← → **s**
* → → *

3 **CX** ← → **s**
* → → *

CX ← → **s**
* → → *

4 **CX** ← → **s**
* → → *

CX ← → **s**
* → → *

5 **T1** ← → **T2**
* → → *

T1 ← → **T2**
* → → *

6 **T1** ← → **T2**
* → → *

T1 ← → **T2**
* → → *

7 **T1** ← → **T2**
* → → *

T1 ← → **T2**
* → → *

8 **T1** ← → **T2**
* → → *

T1 ← → **T2**
* → → *

Movimento horizontal



MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

9 $\xrightarrow{\text{T1}}$ $\xrightarrow{\text{T2}}$
 * *

$\xleftarrow{\text{CX}}$ $\xrightarrow{\text{s}}$
 * *

13 $\xleftarrow{\text{CX}}$ $\xrightarrow{\text{s}}$
 * *

$\xleftarrow{\text{T1}}$ $\xrightarrow{\text{T2}}$
 * *

10 $\xleftarrow{\text{T1}}$ $\xrightarrow{\text{T2}}$
 * *

$\xleftarrow{\text{CX}}$ $\xrightarrow{\text{s}}$
 * *

14 $\xleftarrow{\text{CX}}$ $\xrightarrow{\text{s}}$
 * *

$\xleftarrow{\text{T1}}$ $\xrightarrow{\text{T2}}$
 * *

11 $\xleftarrow{\text{T1}}$ $\xrightarrow{\text{T2}}$
 * *

$\xleftarrow{\text{CX}}$ $\xrightarrow{\text{s}}$
 * *

15 $\xleftarrow{\text{CX}}$ $\xrightarrow{\text{s}}$
 * *

$\xleftarrow{\text{T1}}$ $\xrightarrow{\text{T2}}$
 * *

12 $\xleftarrow{\text{T1}}$ $\xrightarrow{\text{T2}}$
 * *

$\xleftarrow{\text{CX}}$ $\xrightarrow{\text{s}}$
 * *

16 $\xleftarrow{\text{CX}}$ $\xrightarrow{\text{s}}$
 * *

$\xleftarrow{\text{T1}}$ $\xrightarrow{\text{T2}}$
 * *

MH

Movimento triangular horizontal

Movimento triangular horizontal (sentido horário)



MTH

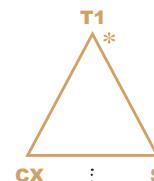
1

CX ← S → *



2

CX ← S → *



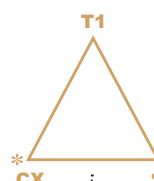
3

CX ← S → *



4

CX ← S → *



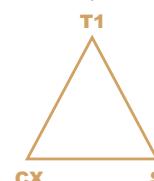
5

CX ← S → *



6

CX ← S → *



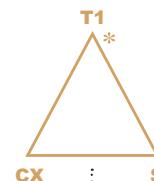
7

CX ← S → *



8

CX ← S → *



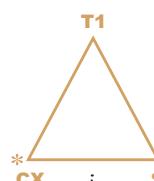
9

CX ← S → *



10

CX ← S → *



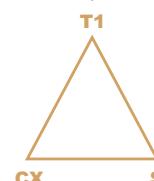
11

CX ← S → *

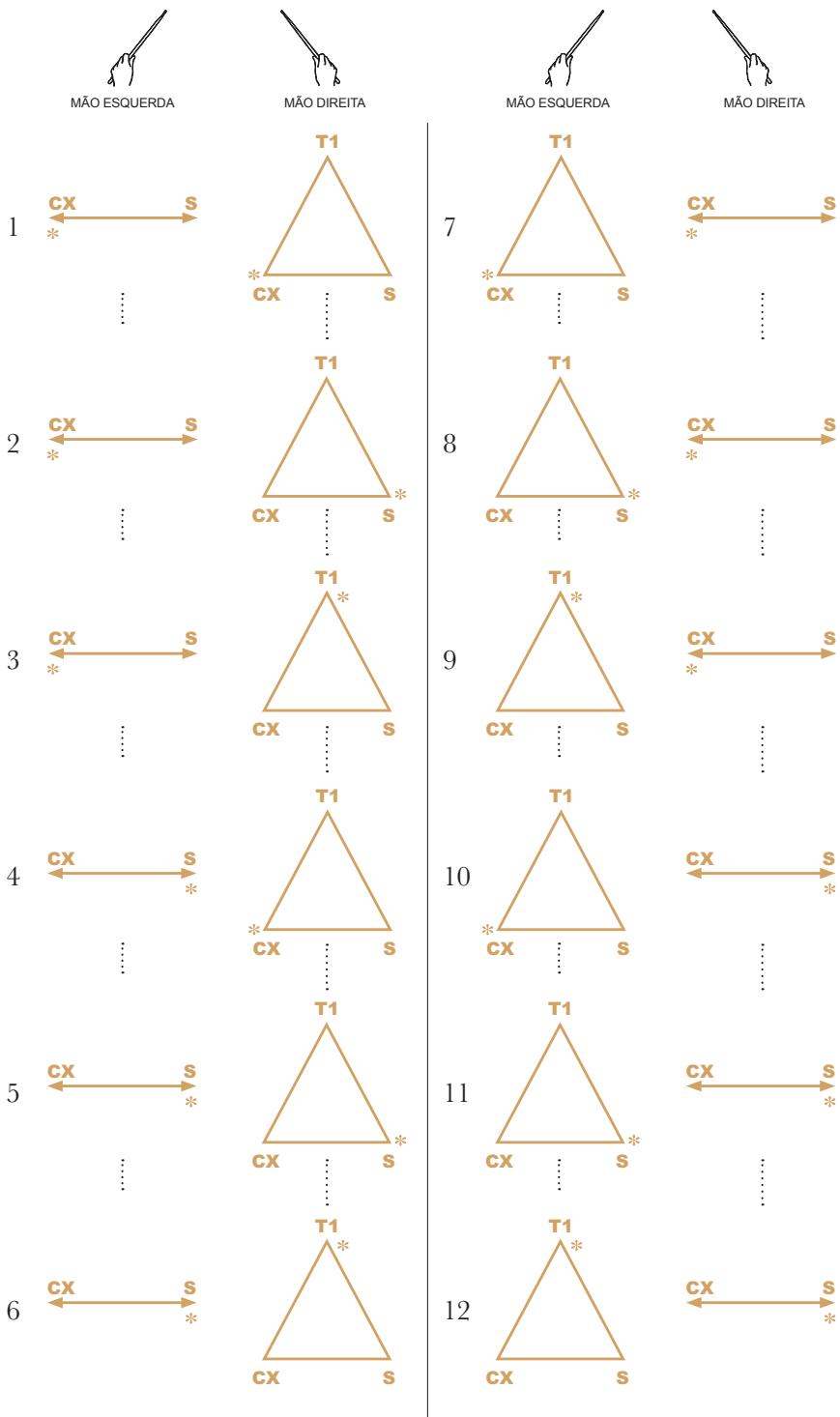


12

CX ← S → *



Movimento triangular horizontal (sentido anti-horário)



MTH

Movimento vertical

Movimento vertical



MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

1



5



2



6



MV

3



7



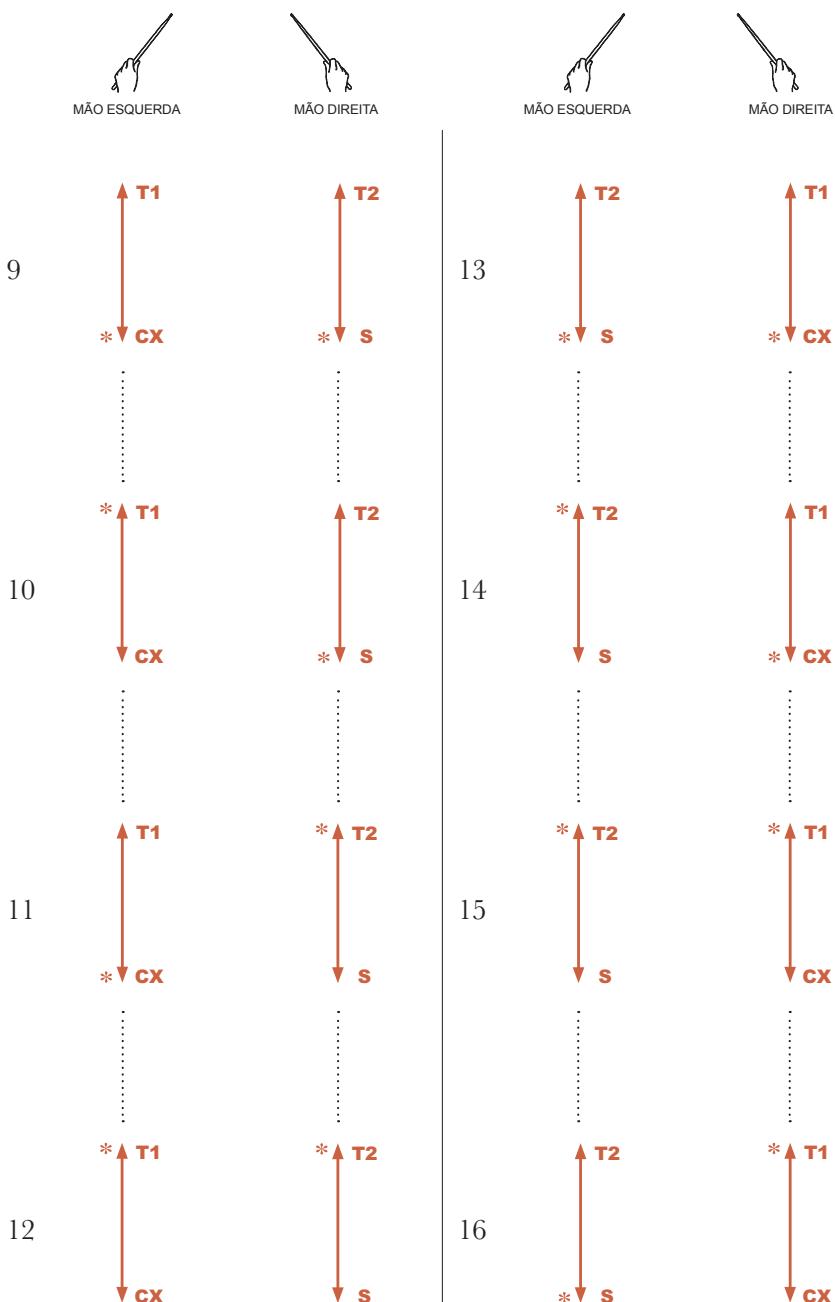
4



8



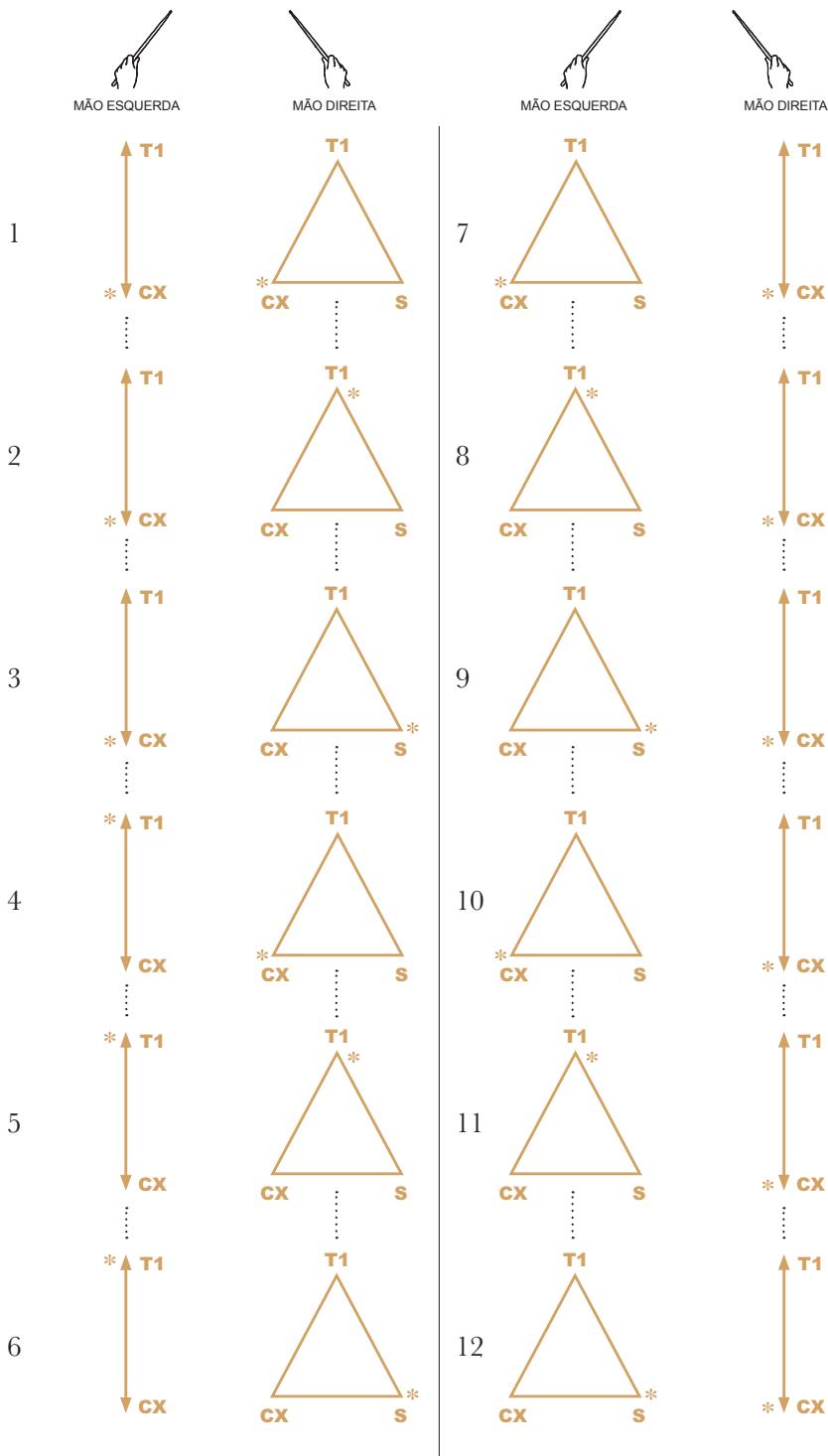
Movimento vertical



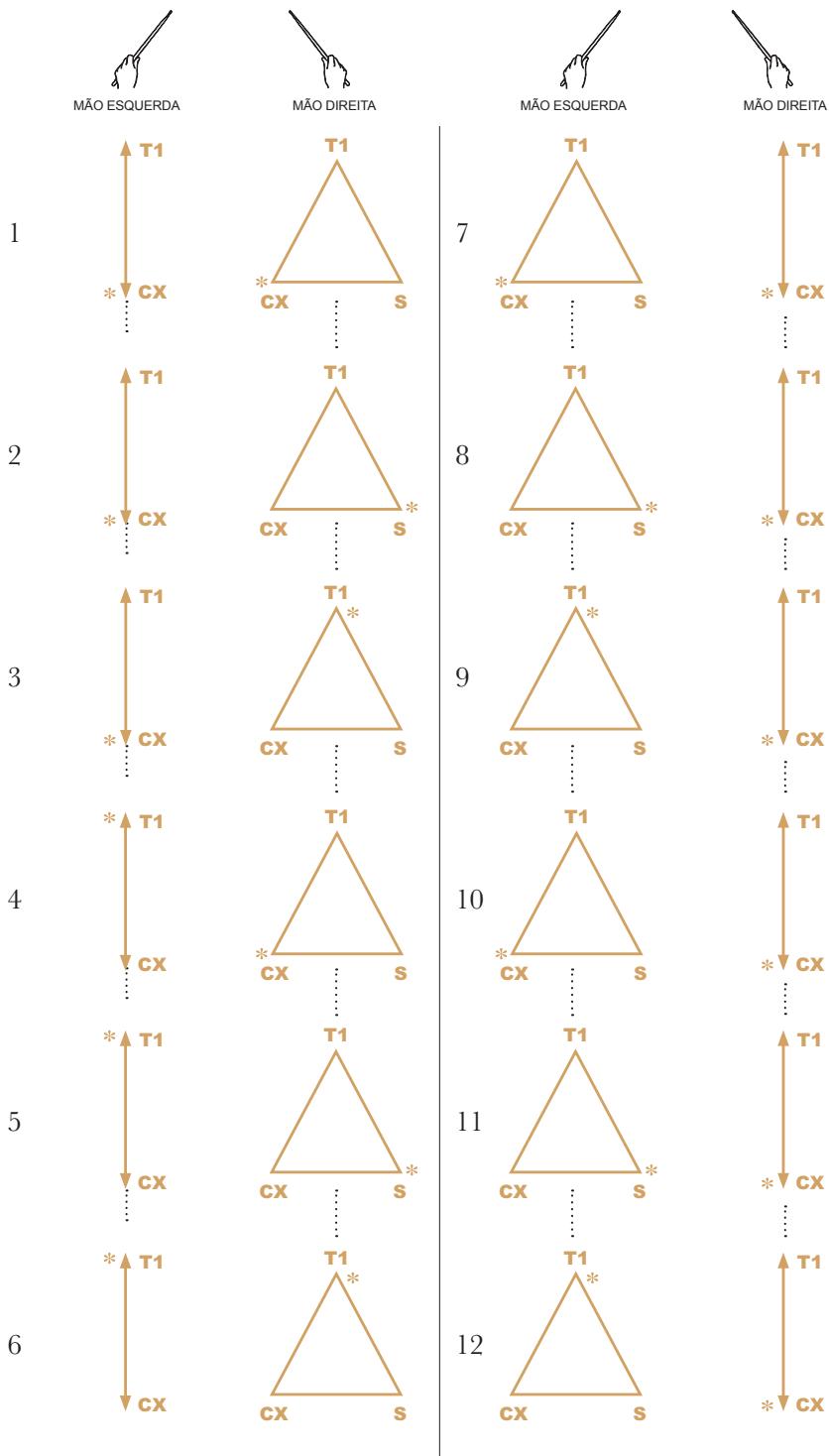
MV

Movimento triangular vertical

Movimento triangular vertical (sentido horário)



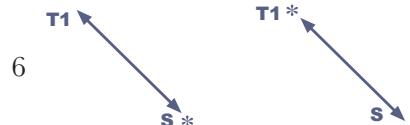
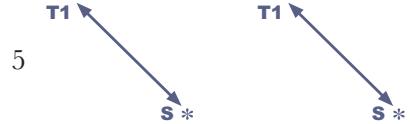
Movimento triangular vertical (sentido anti-horário)



MTV

Movimento diagonal

Movimento diagonal



Movimento diagonal



MÃO ESQUERDA



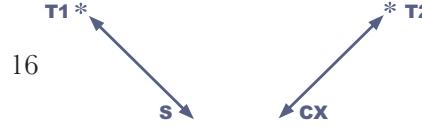
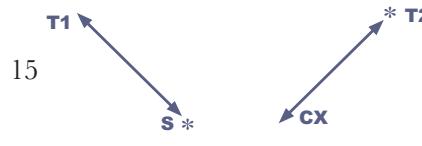
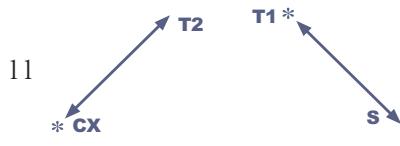
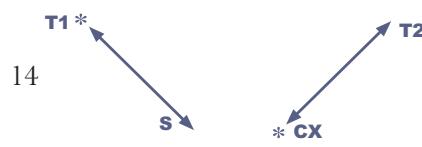
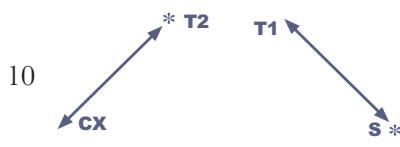
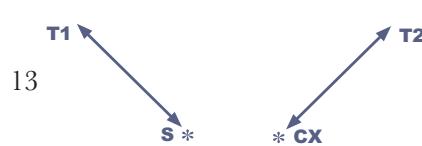
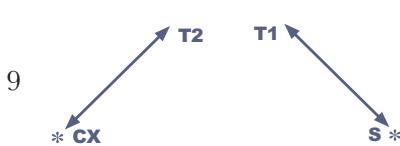
MÃO DIREITA



MÃO ESQUERDA



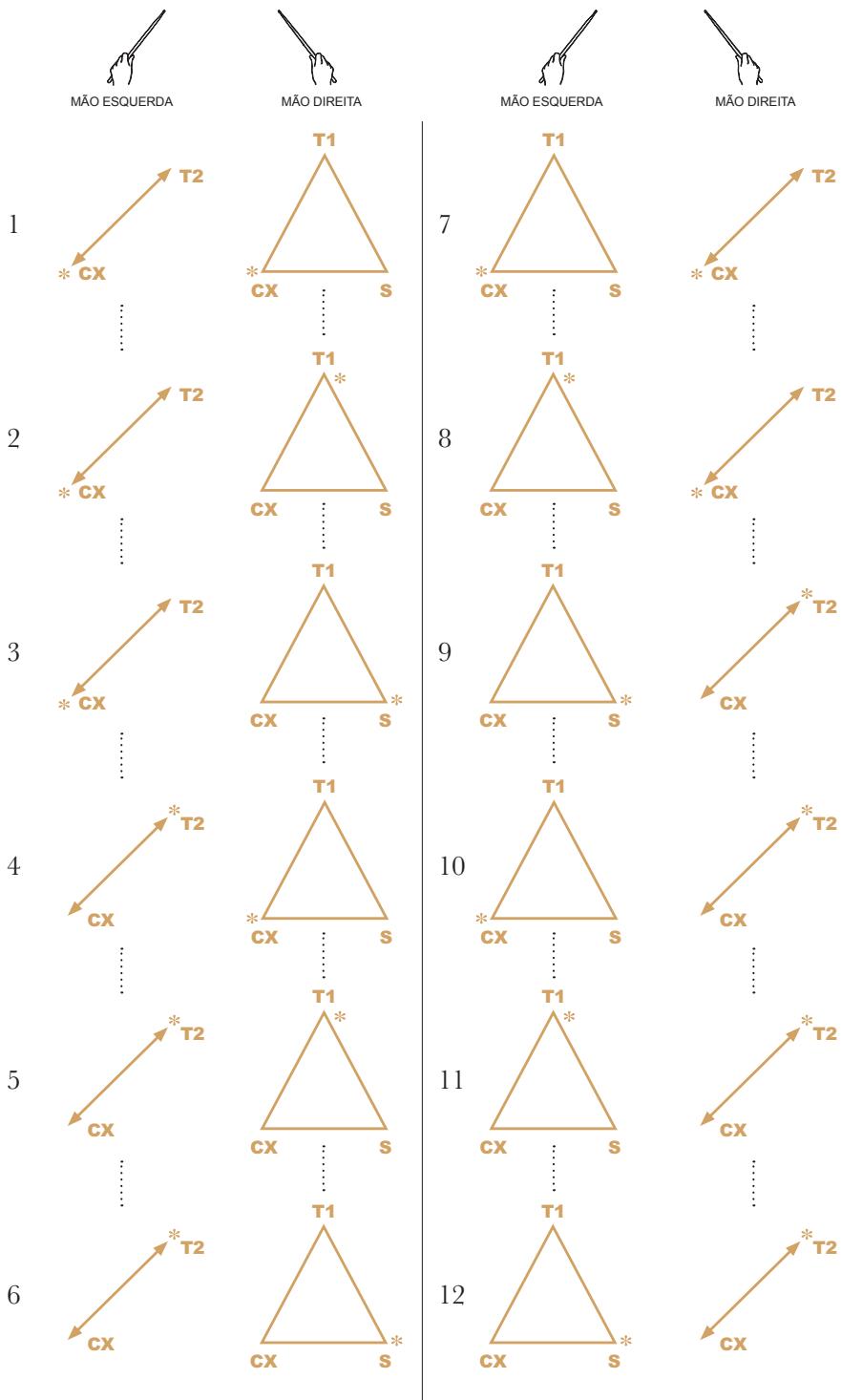
MÃO DIREITA



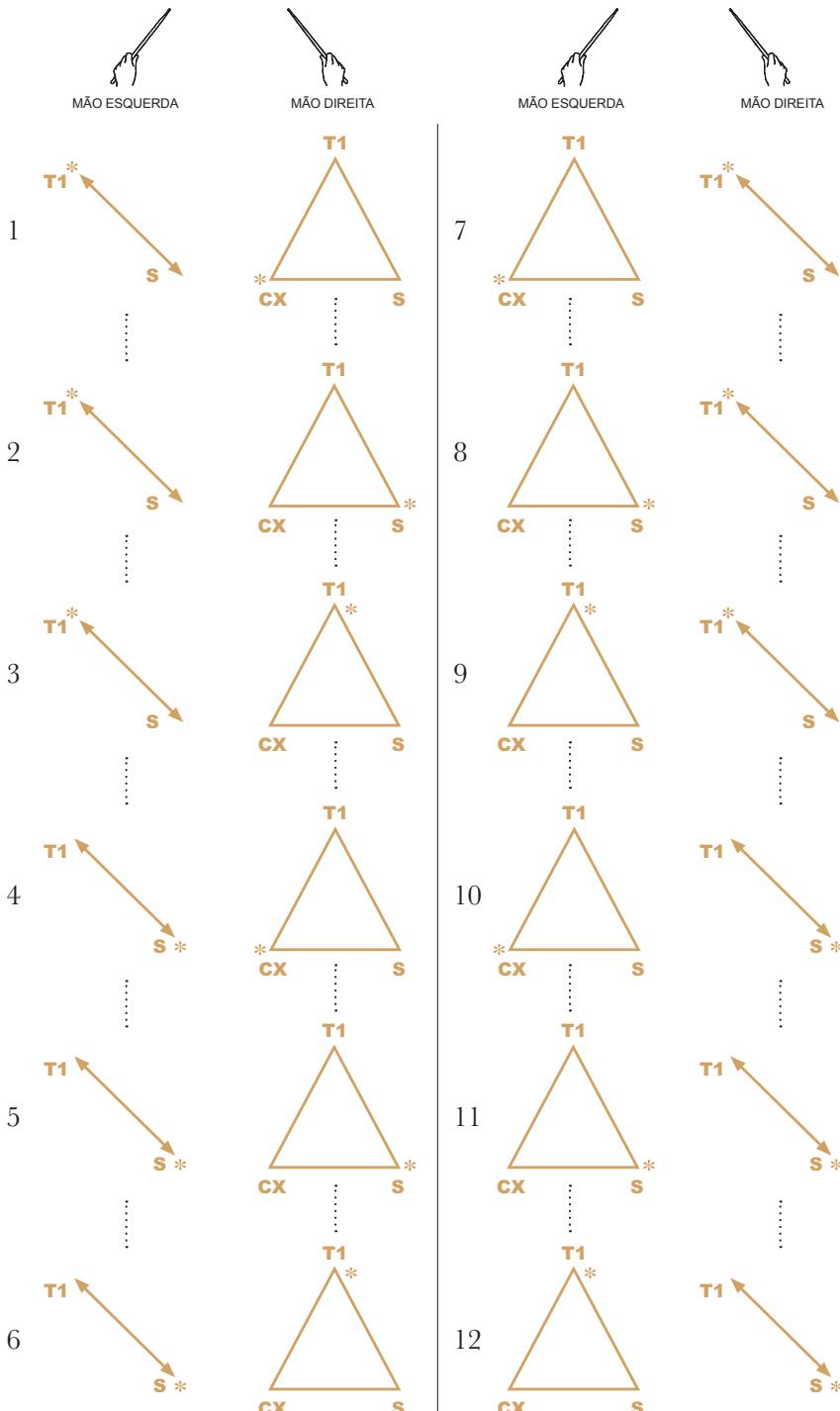
MD

Movimento triangular diagonal

Movimento triangular diagonal (sentido horário)

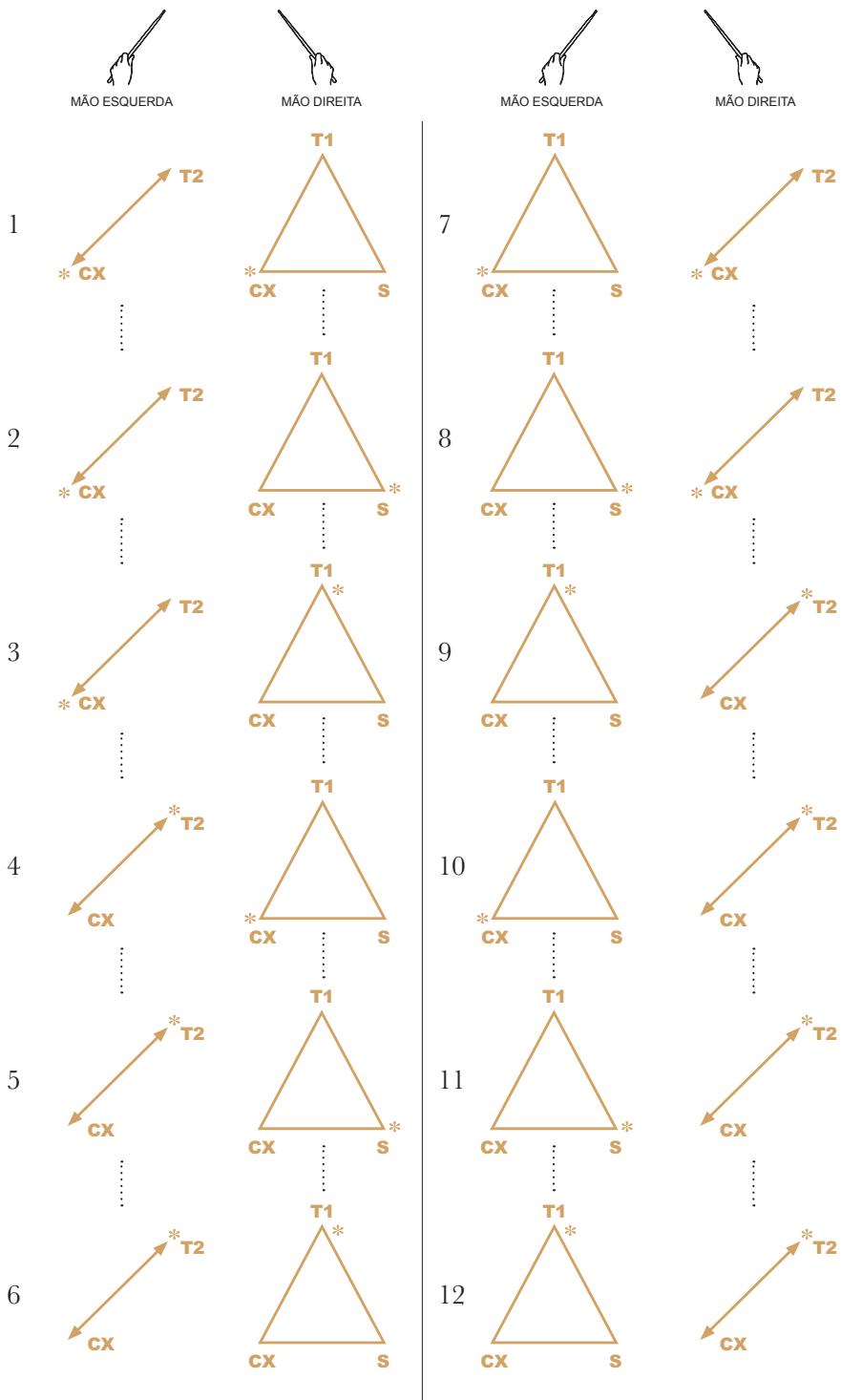


Movimento triangular diagonal (sentido anti-horário)

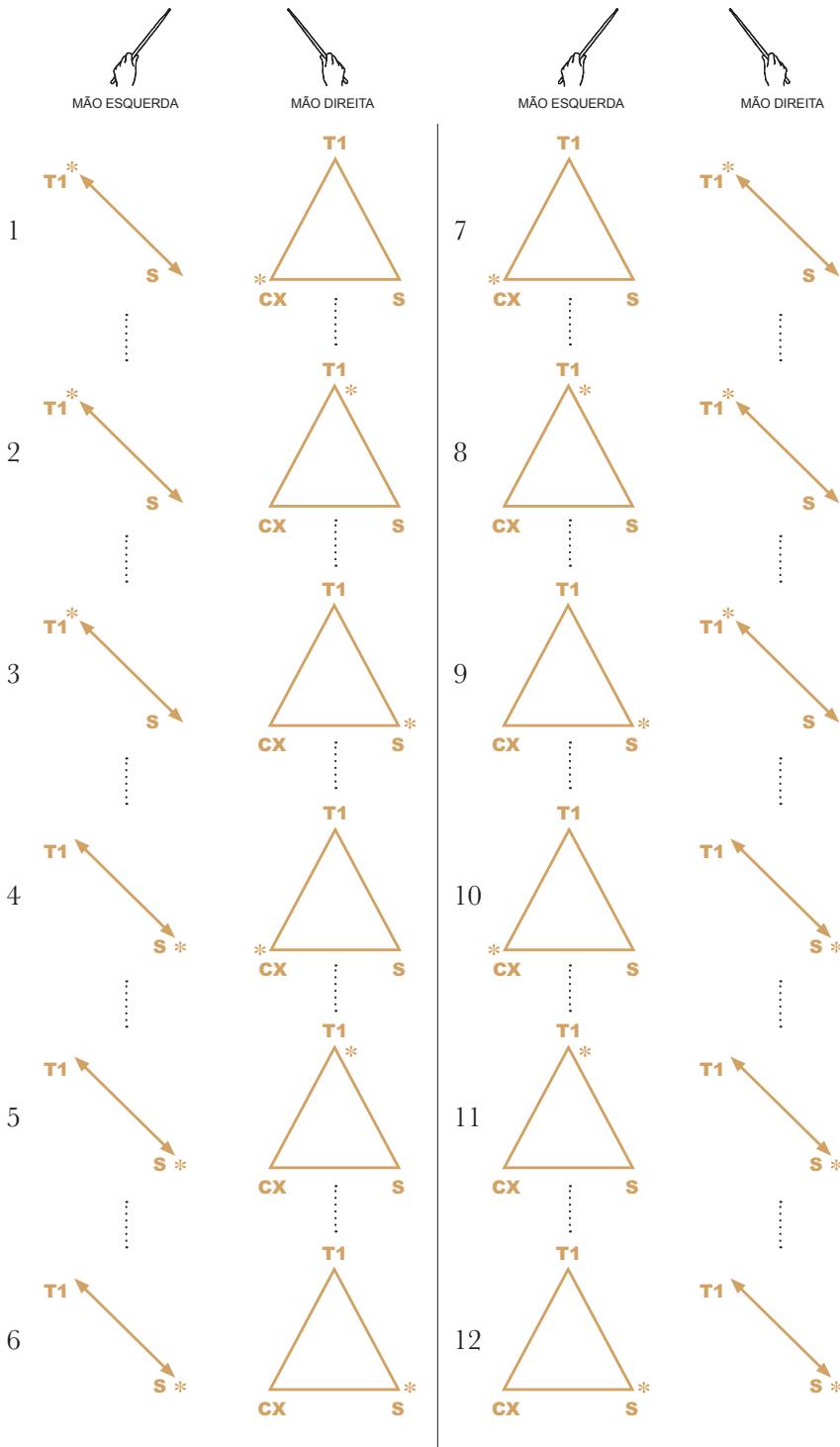


MTD

Movimento triangular diagonal (sentido anti-horário)



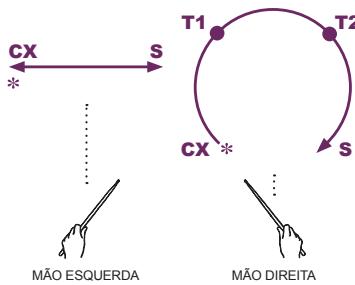
Movimento triangular diagonal (sentido horário)



MTD

Movimento circular horizontal

Exemplo do 1º exercício do movimento circular horizontal



SEMÍNIMA

1 D E D E D E D E

2 D E D E D E

COLCHEIA

3 SEMICOLCHEIA

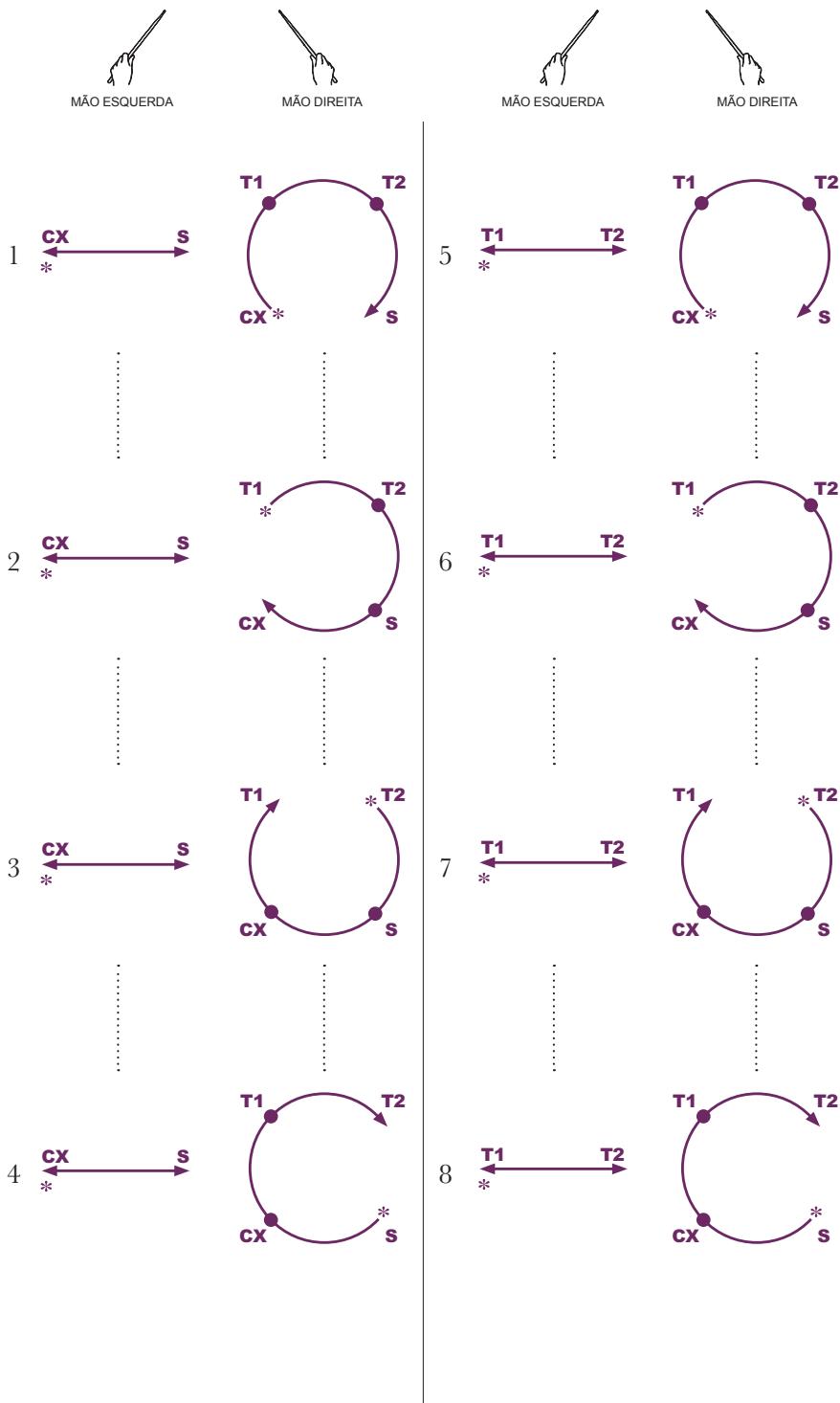
4 FUSA

5 SEMIFUSA

FAÇA TODOS OS EXERCÍCIOS ACIMA COM ESSES BUMBOS E CONTRATEMPOS

A musical score for a drum set, consisting of ten measures numbered 1 through 10. Each measure is on a separate staff. Measure 1: Four vertical strokes on the snare drum. Measure 2: Six vertical strokes on the snare drum, with the last two being eighth-note pairs. Measure 3: Eight vertical strokes on the snare drum, with the first four being eighth-note pairs. Measure 4: Three vertical strokes on the snare drum. Measure 5: Six vertical strokes on the snare drum, with the first three being eighth-note pairs. Measure 6: Three vertical strokes on the snare drum. Measure 7: Six vertical strokes on the snare drum, with the first three being eighth-note pairs. Measure 8: Six vertical strokes on the snare drum, with the first three being eighth-note pairs. Measure 9: Six vertical strokes on the snare drum, with the first three being eighth-note pairs. Measure 10: Six vertical strokes on the snare drum, with the first three being eighth-note pairs.

Movimento circular horizontal (sentido horário)





MÃO ESQUERDA



MÃO DIREITA

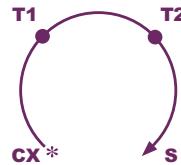


MÃO ESQUERDA

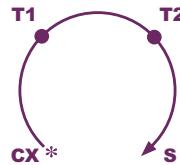


MÃO DIREITA

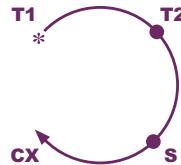
9 CX ← → S *



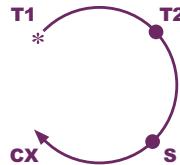
13 T1 ← → T2 *



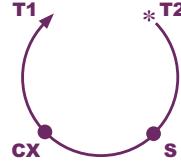
10 CX ← → S *



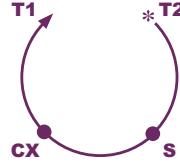
14 T1 ← → T2 *



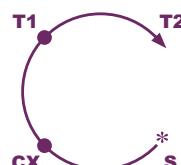
11 CX ← → S *



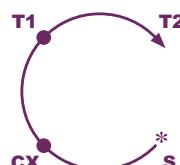
15 T1 ← → T2 *



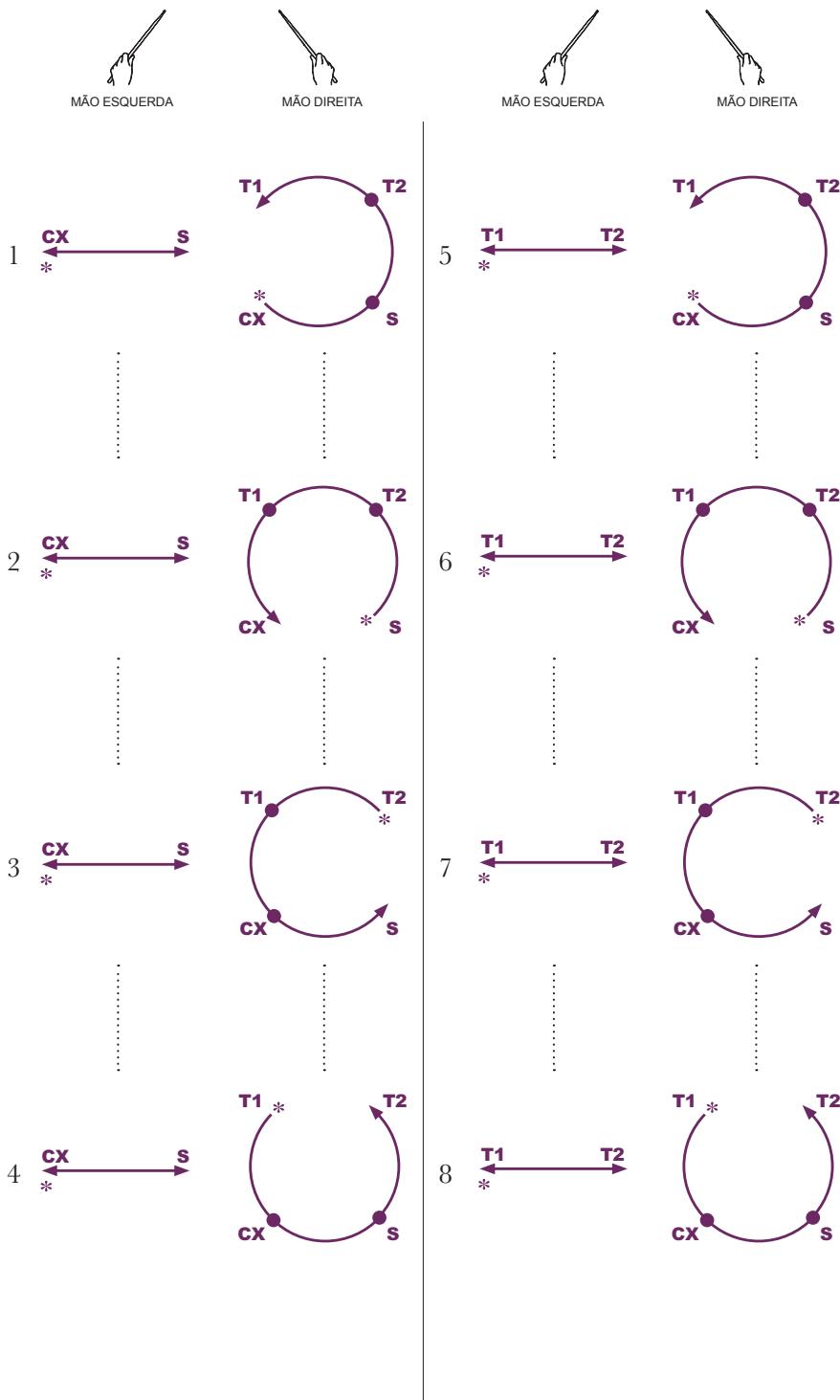
12 CX ← → S *



16 T1 ← → T2 *



Movimento circular horizontal (sentido anti-horário)





MÃO ESQUERDA



MÃO DIREITA

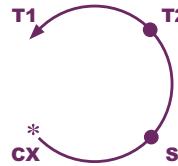


MÃO ESQUERDA

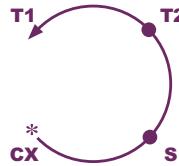


MÃO DIREITA

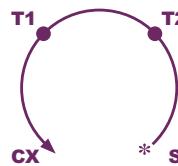
9 CX ← → S *



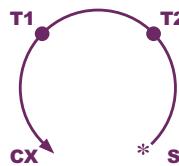
13 T1 ← → T2 *



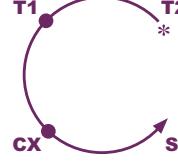
10 CX ← → S *



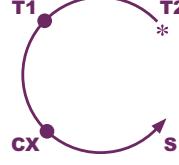
14 T1 ← → T2 *



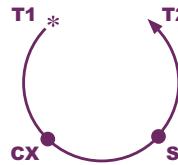
11 CX ← → S *



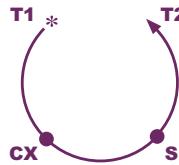
15 T1 ← → T2 *



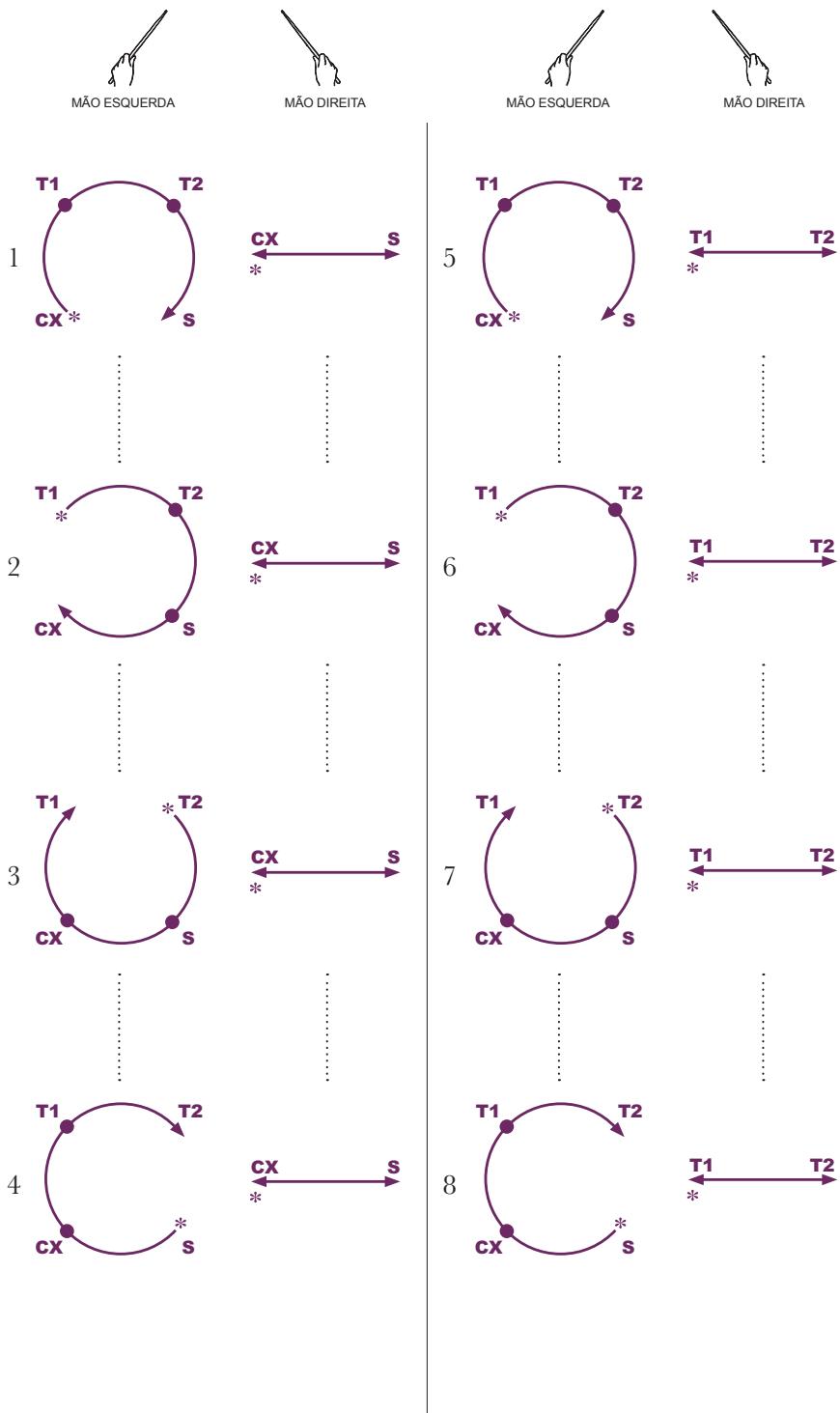
12 CX ← → S *



16 T1 ← → T2 *



Movimento circular horizontal (sentido horário)





MÃO ESQUERDA



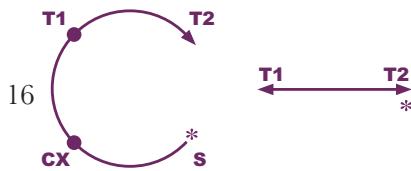
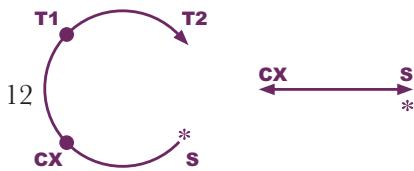
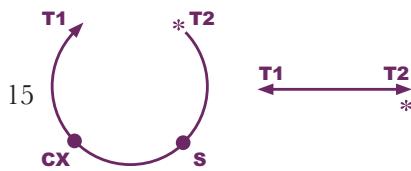
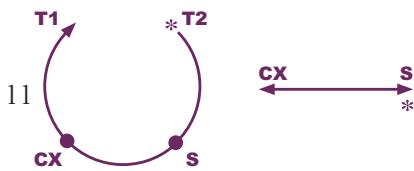
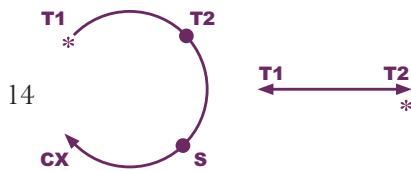
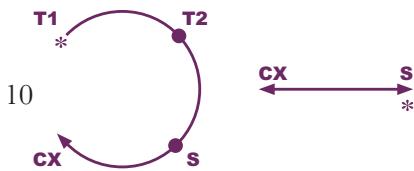
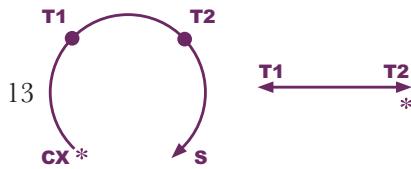
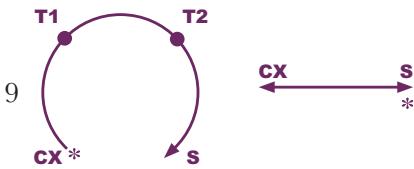
MÃO DIREITA



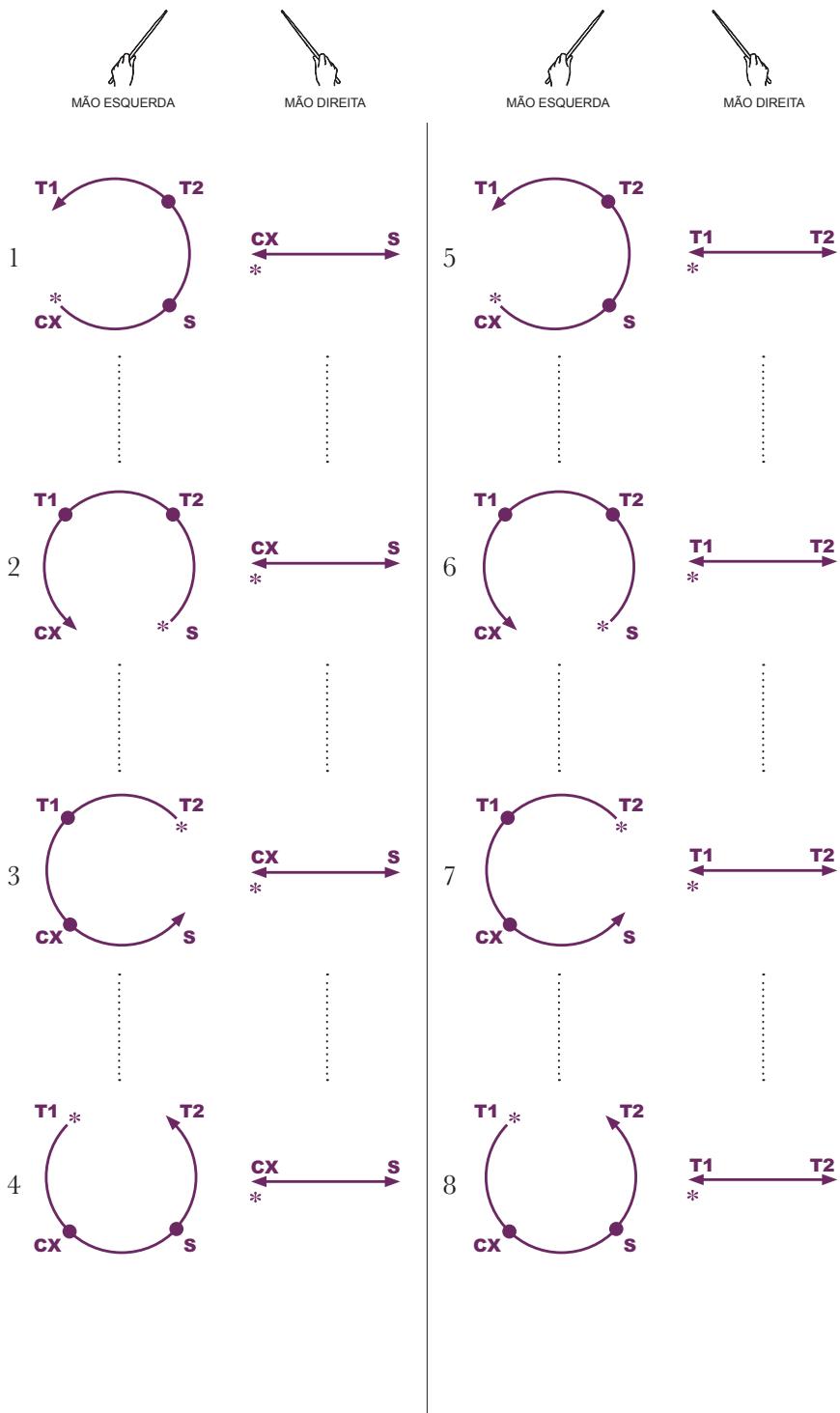
MÃO ESQUERDA

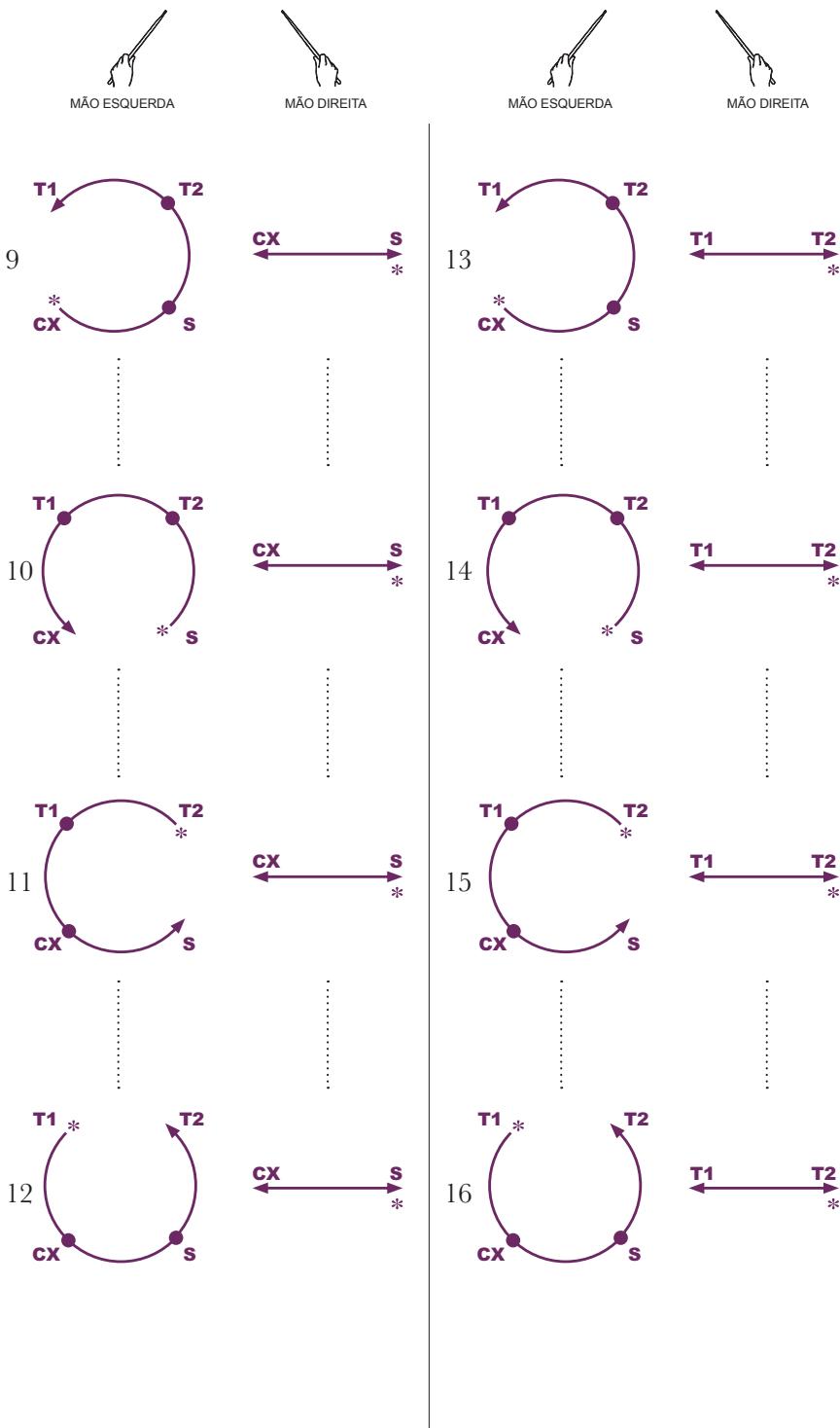


MÃO DIREITA



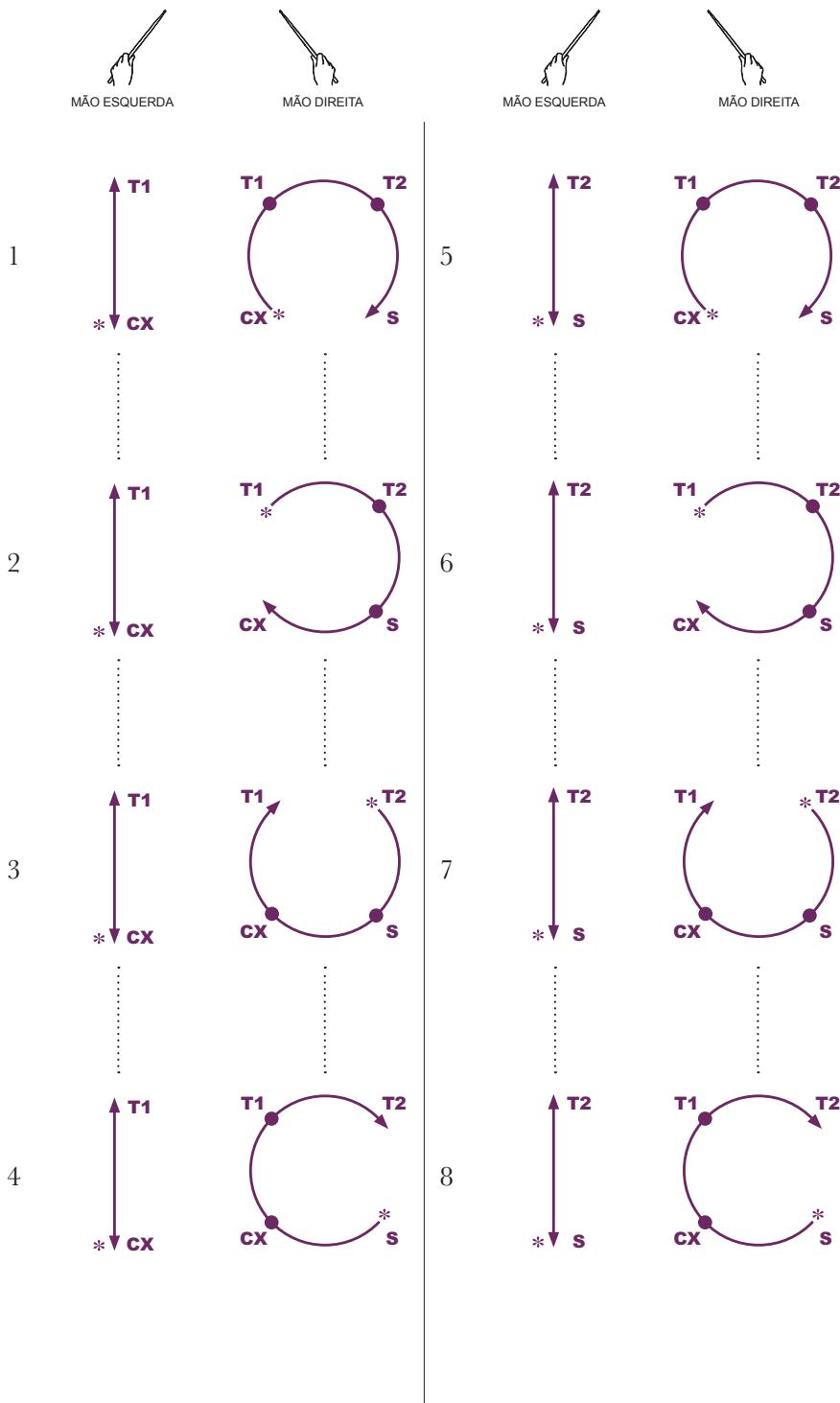
Movimento circular horizontal (sentido anti-horário)

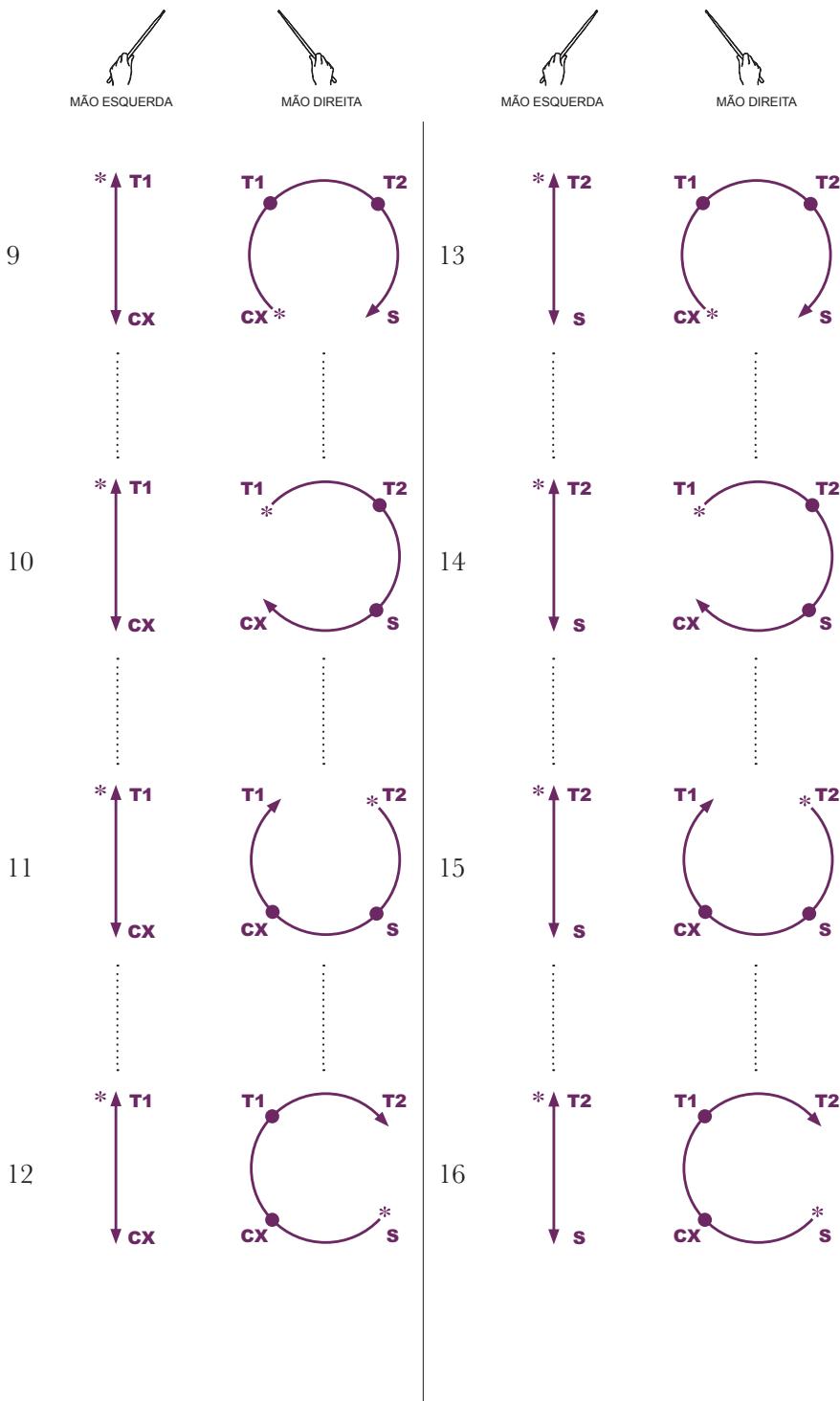




Movimento circular vertical

Movimento circular vertical (sentido horário)

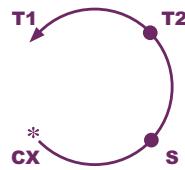




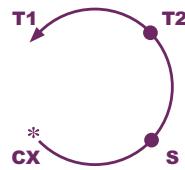
Movimento circular vertical (sentido anti-horário)



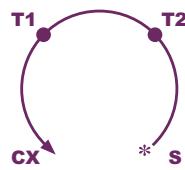
1



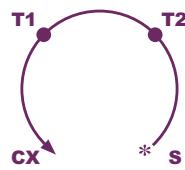
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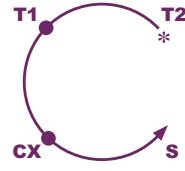
2



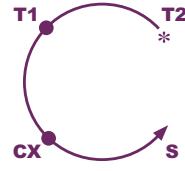
6



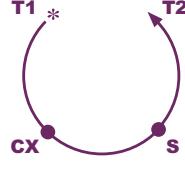
3



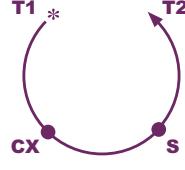
7

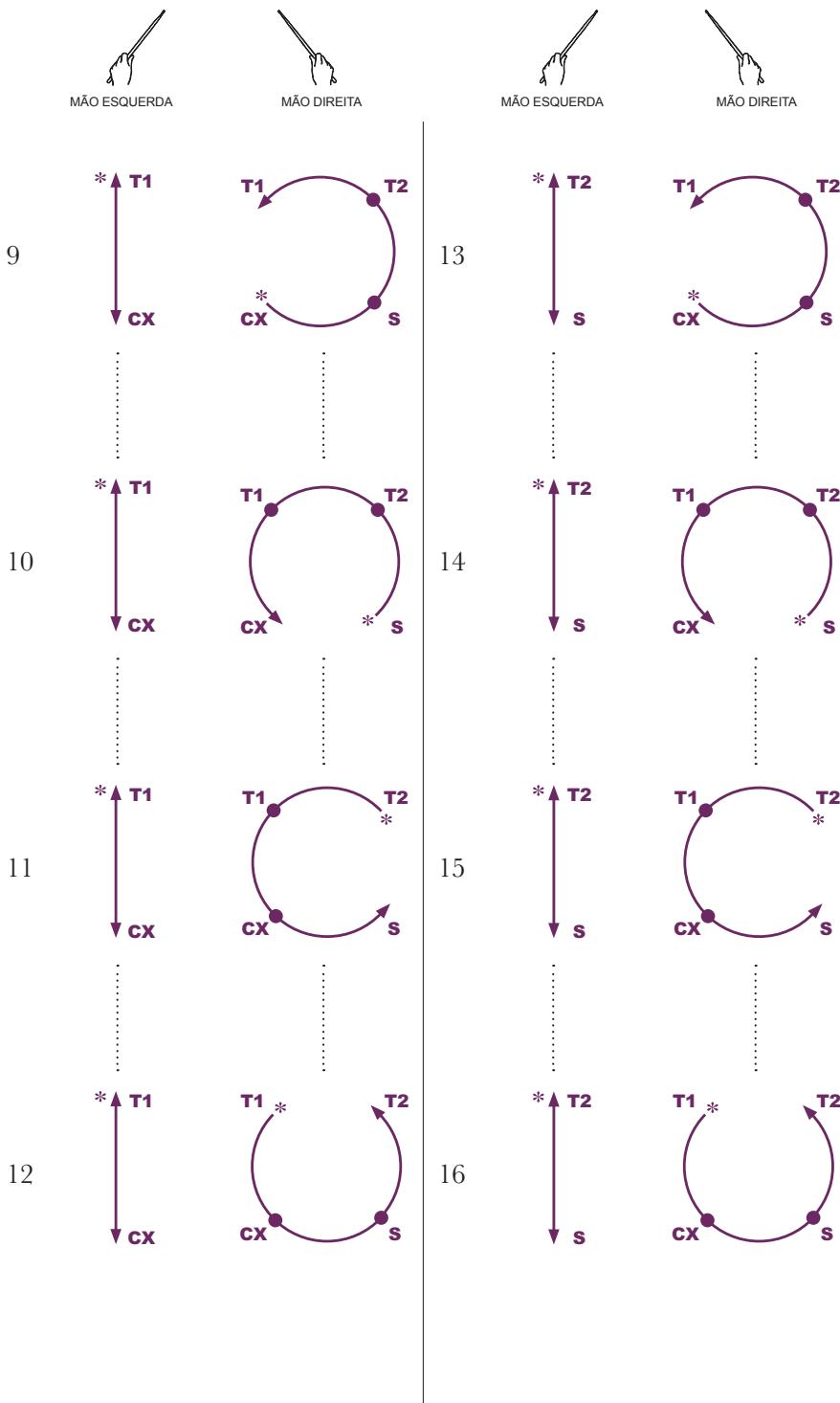


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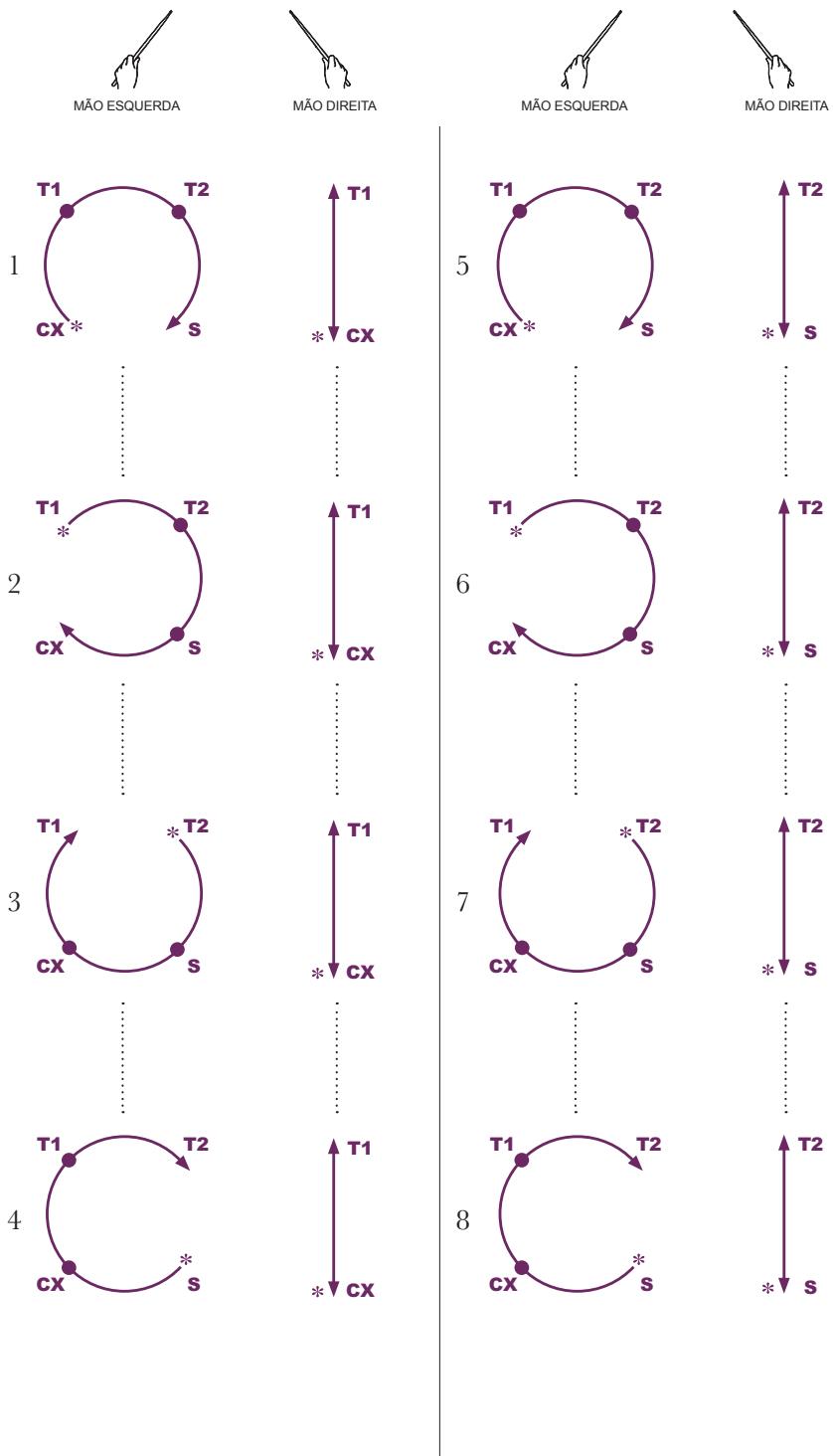


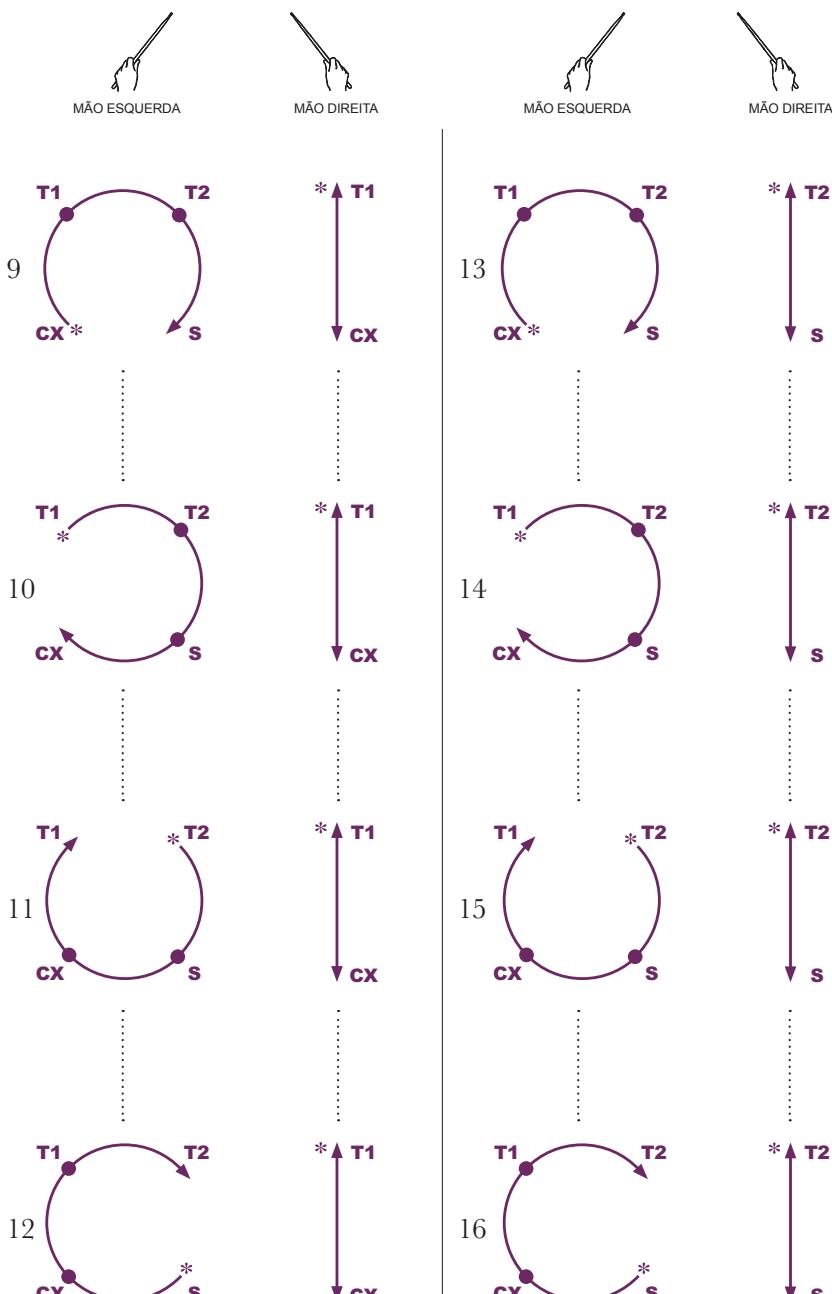
8



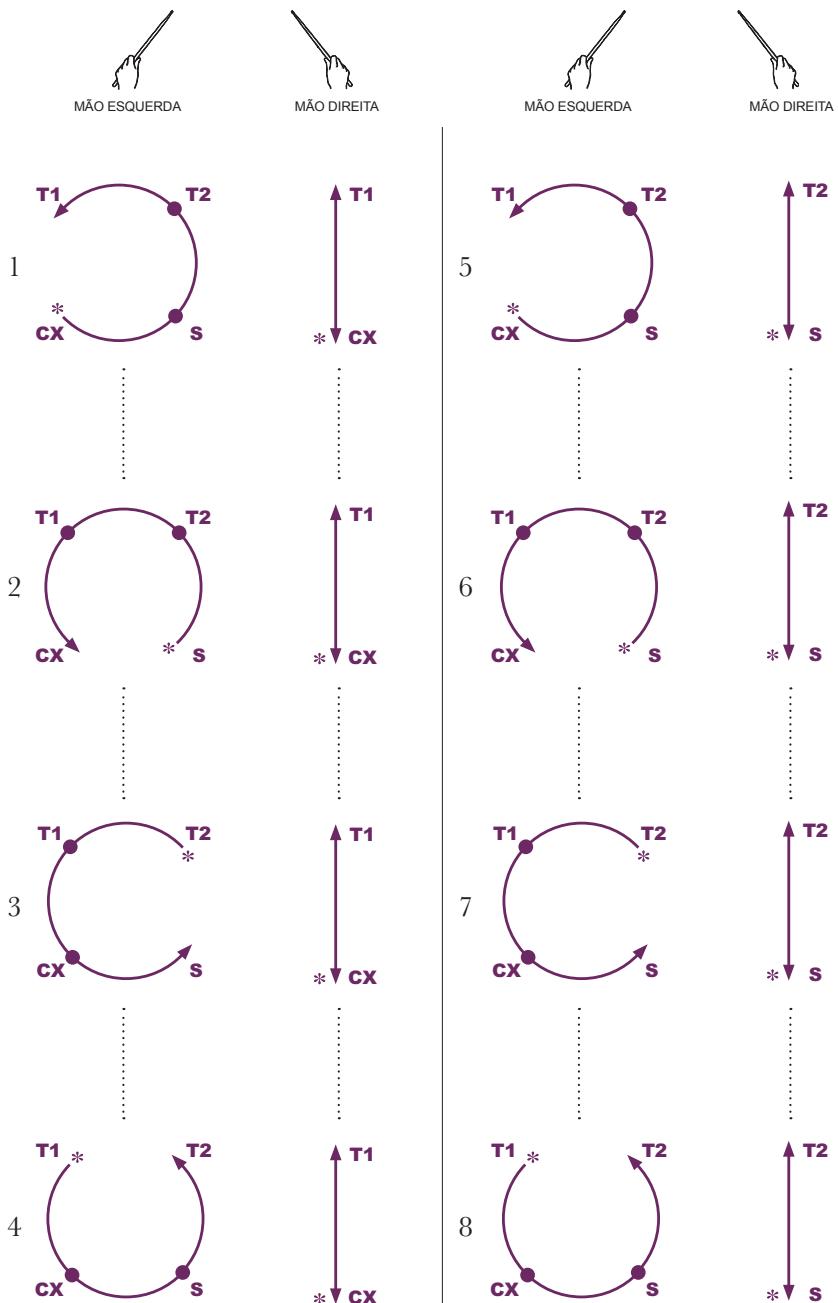


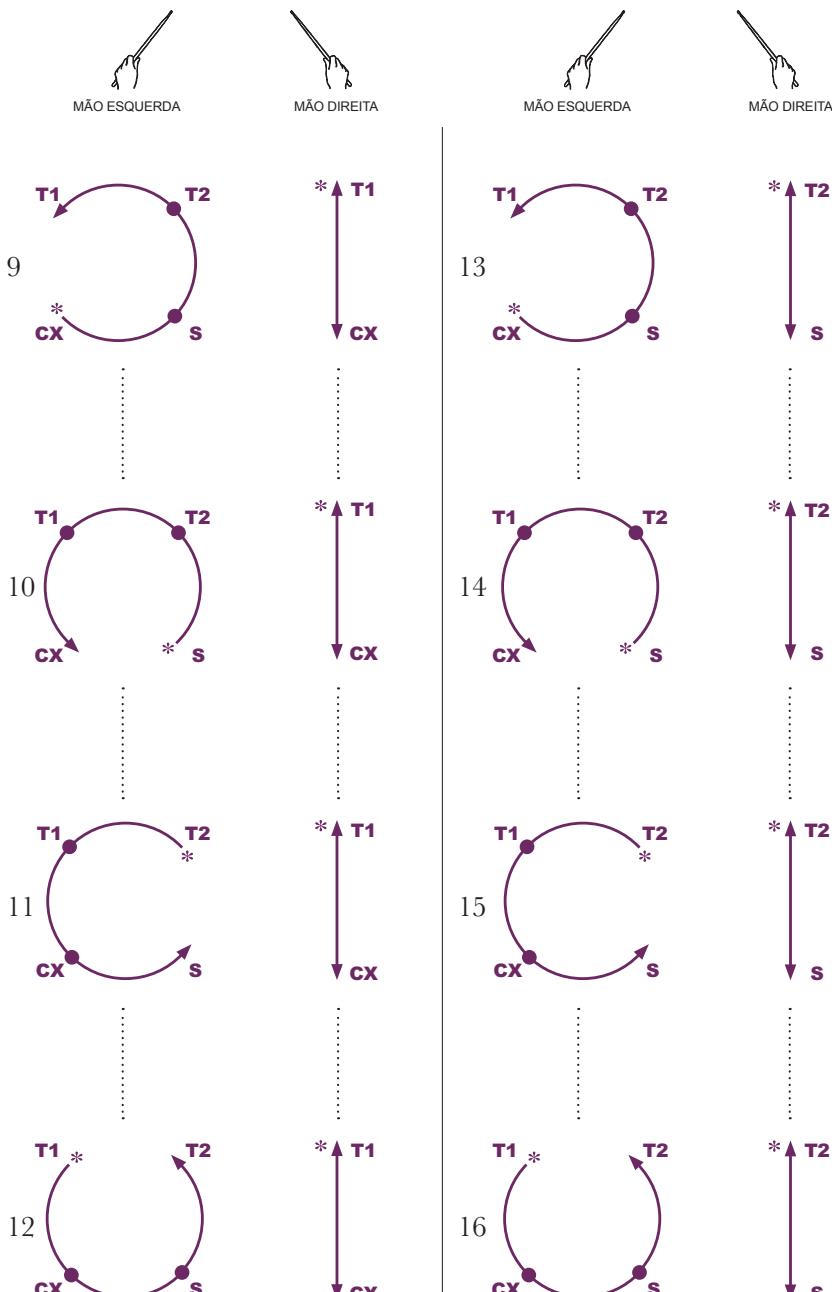
Movimento circular vertical (sentido horário)





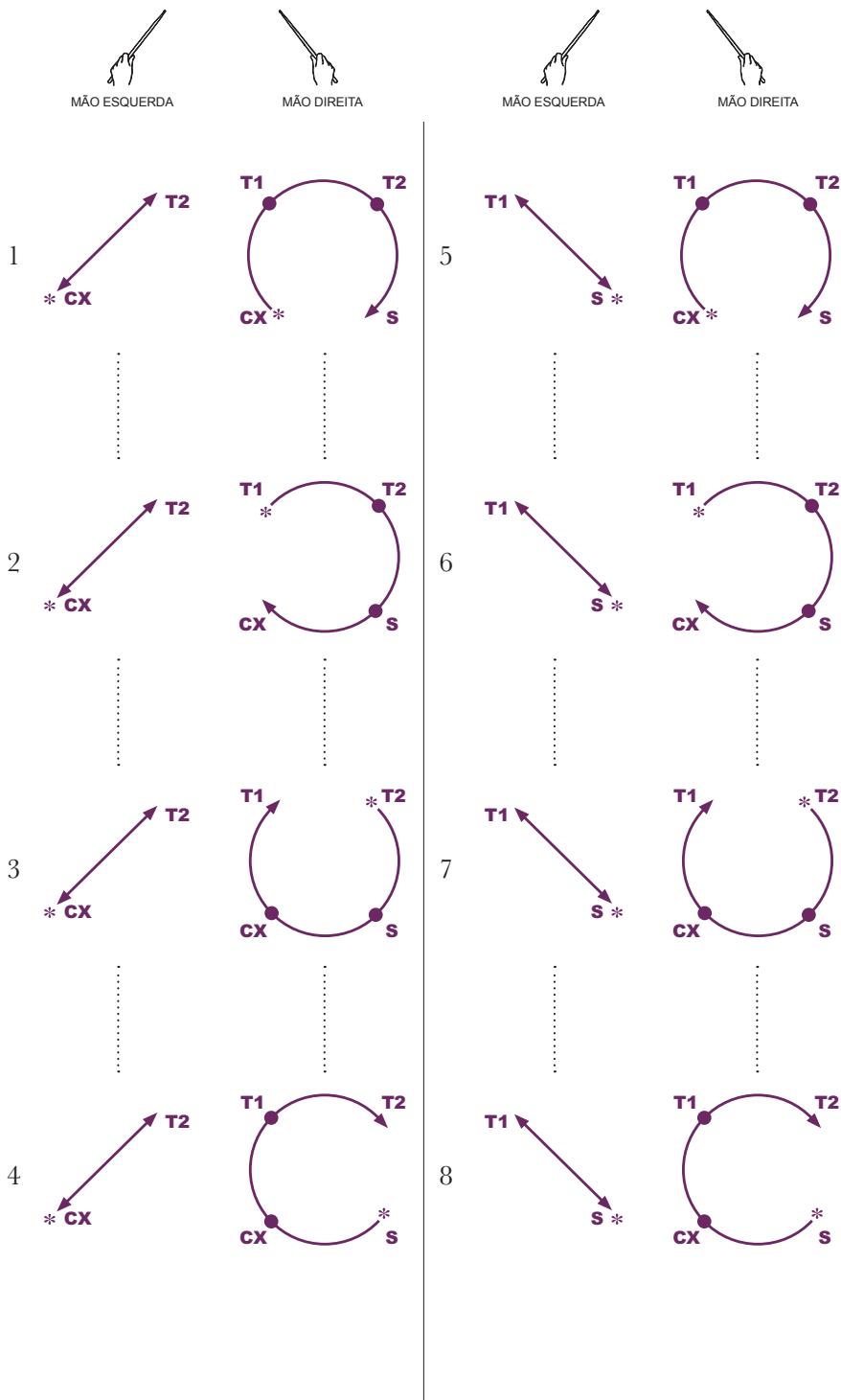
Movimento circular vertical (sentido anti-horário)

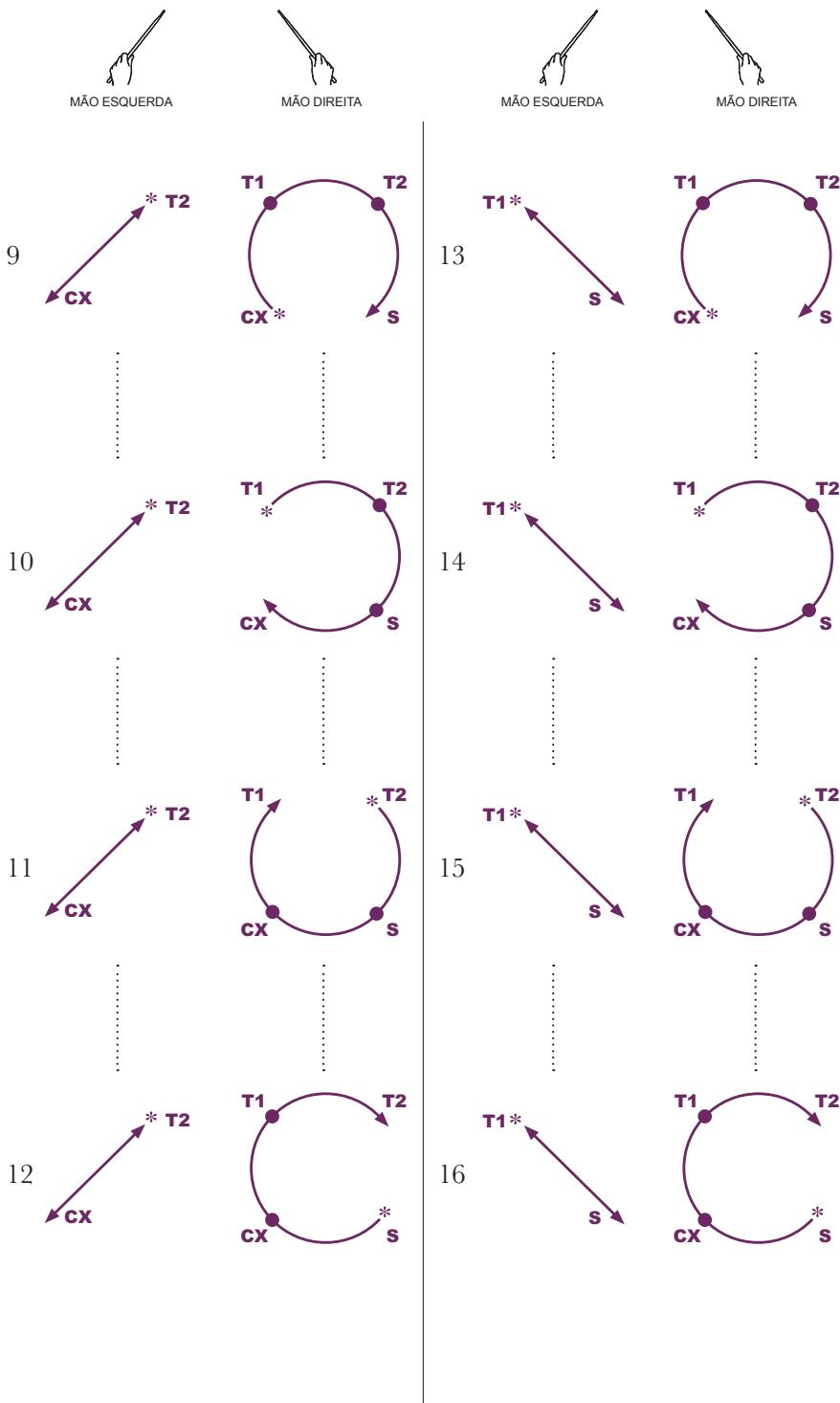




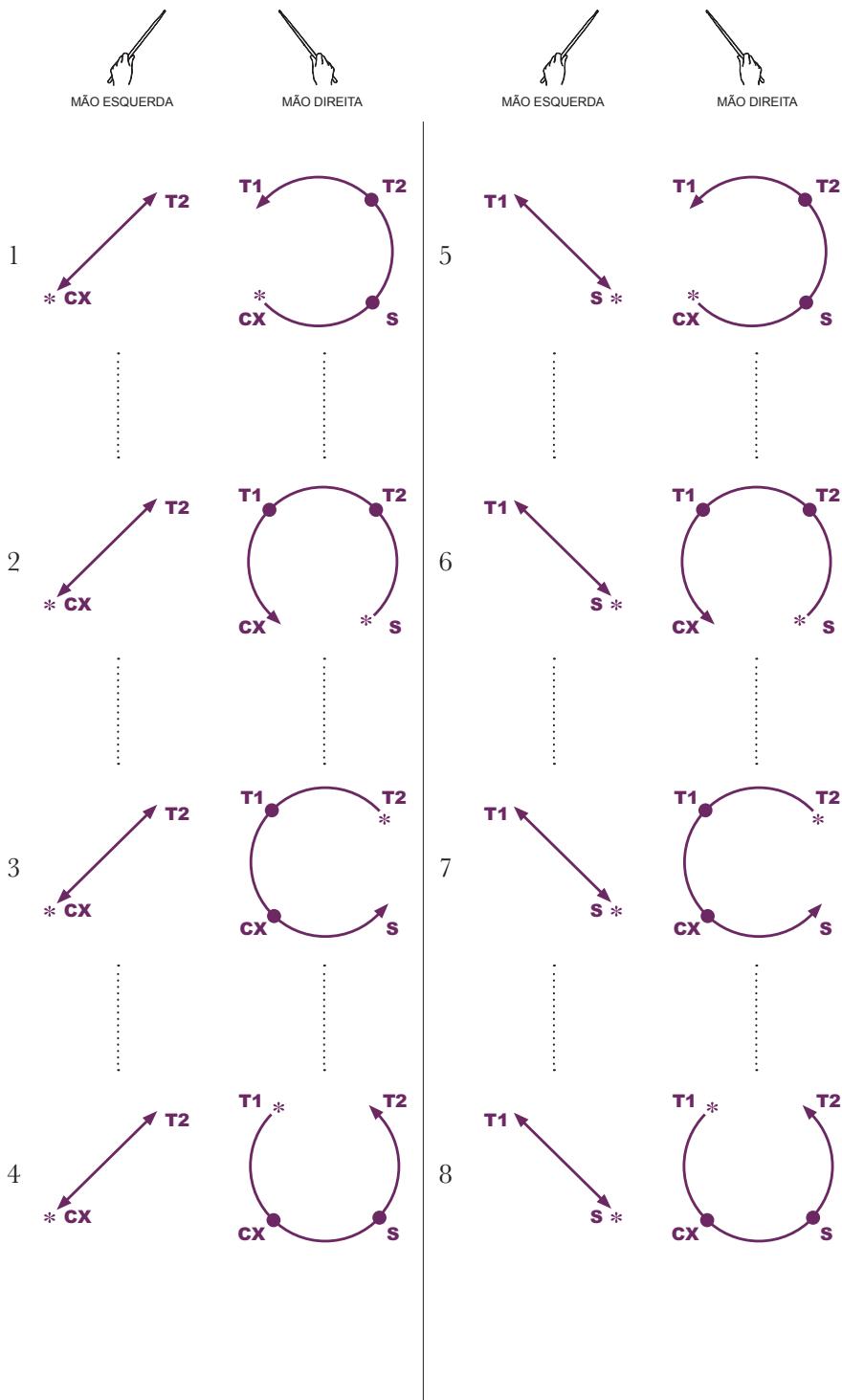
Movimento circular diagonal

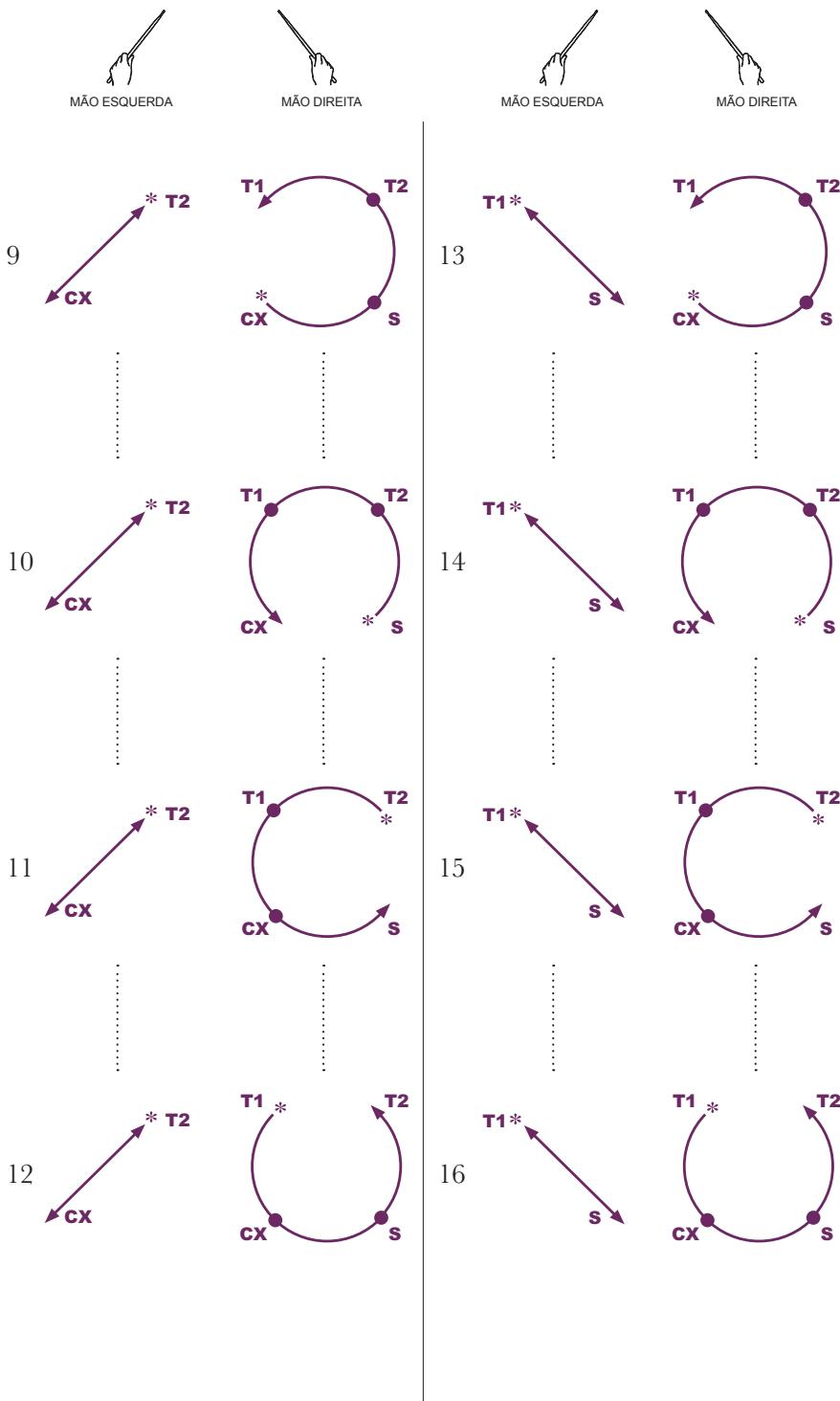
Movimento circular diagonal (sentido horário)



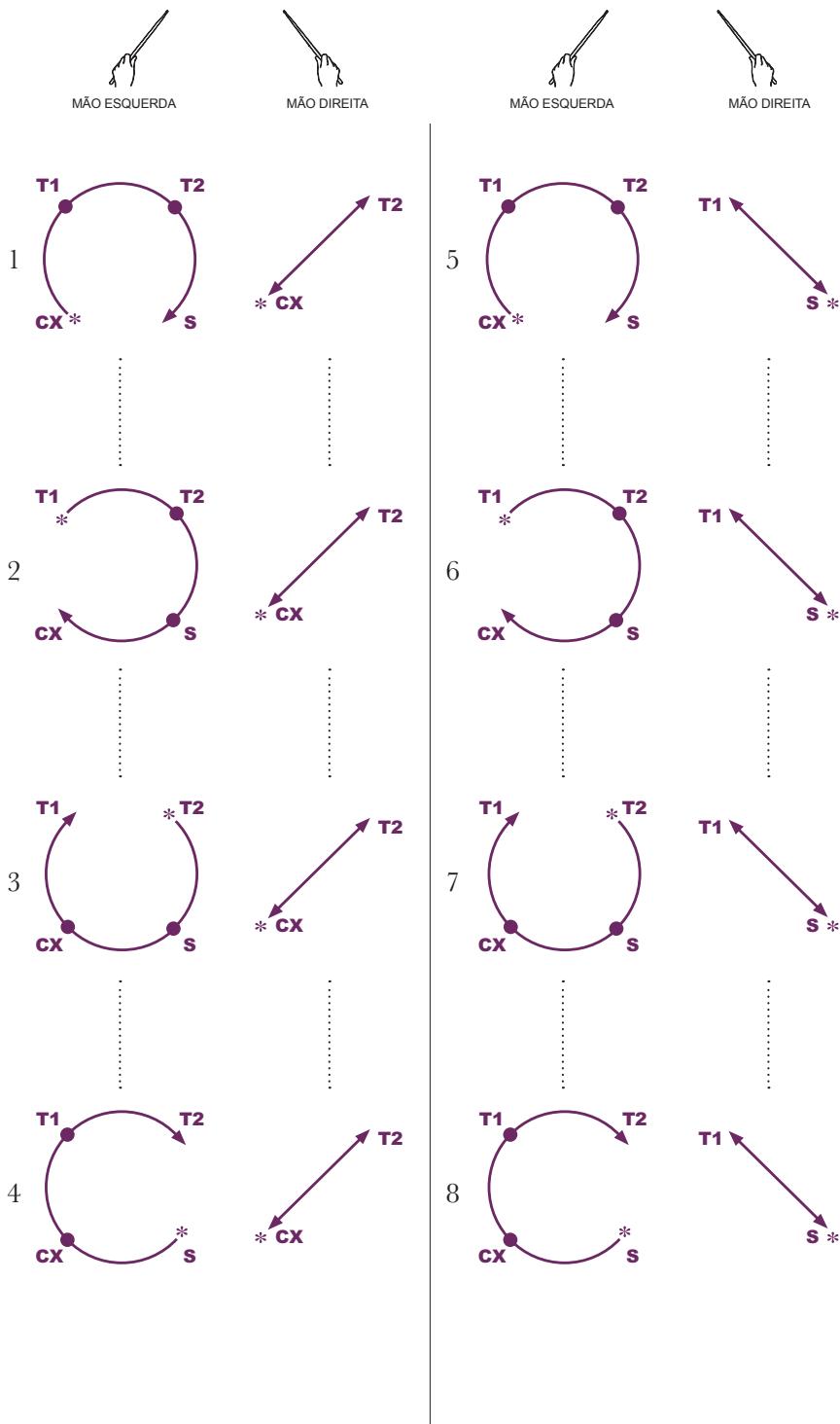


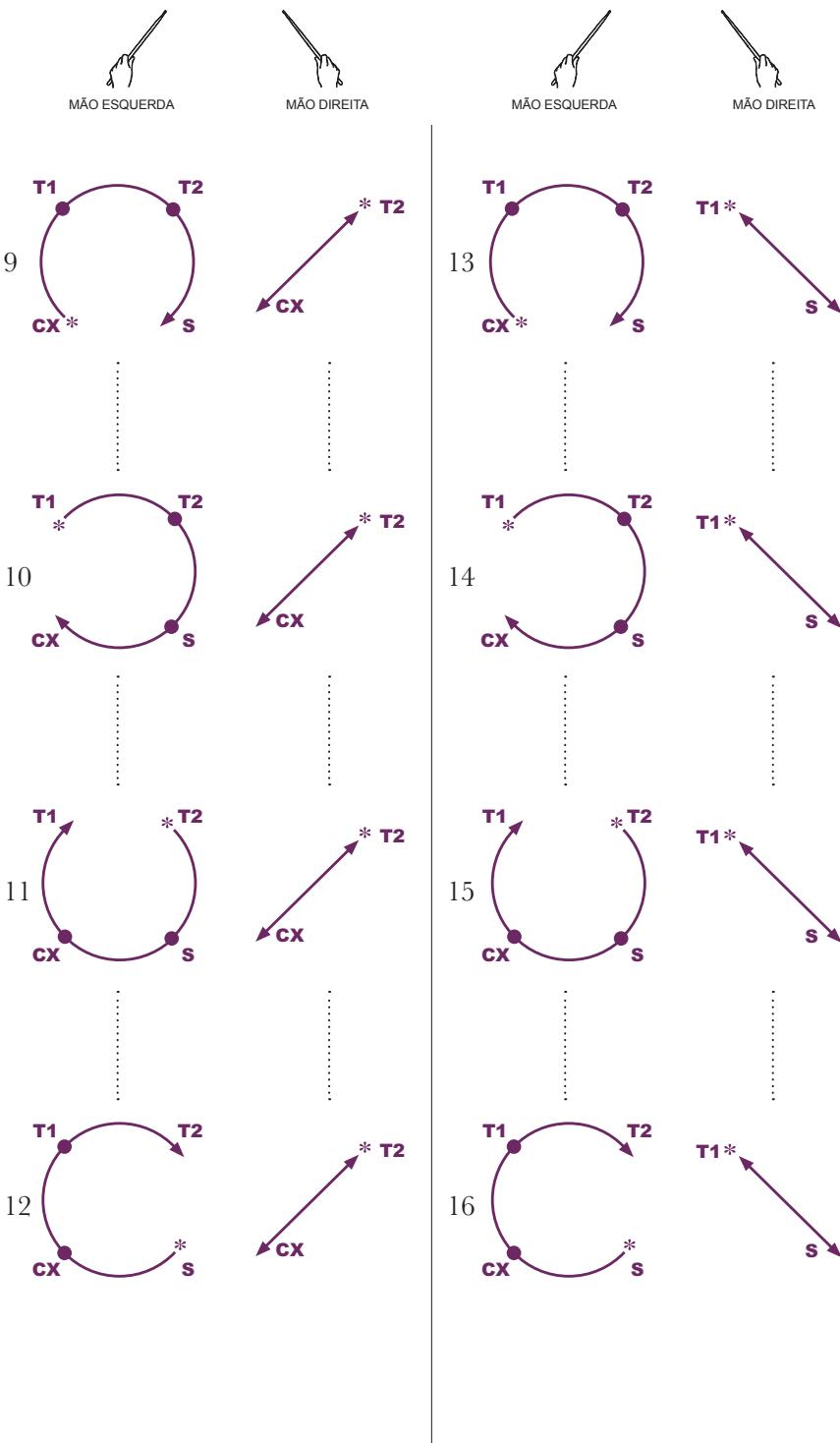
Movimento circular diagonal (sentido anti-horário)



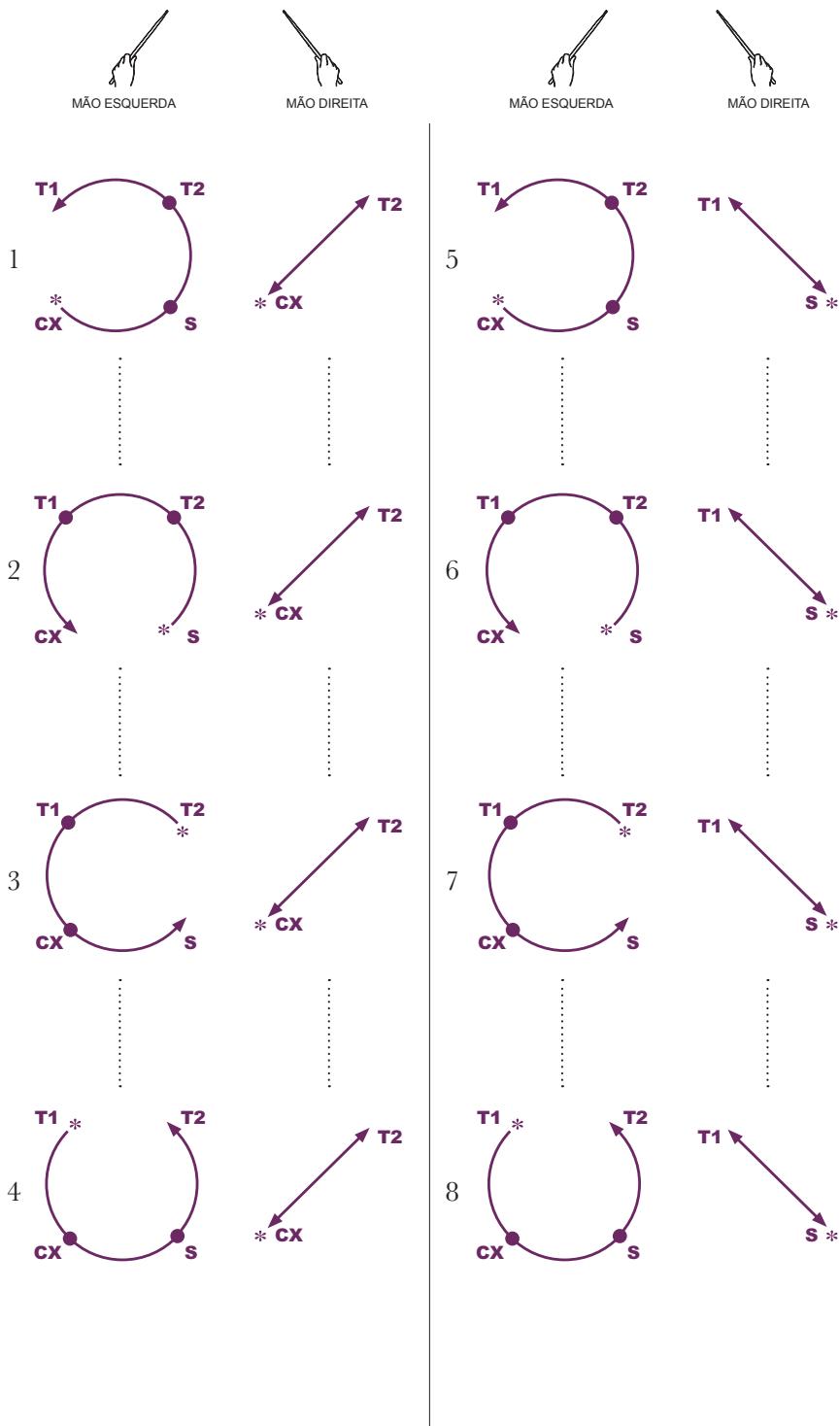


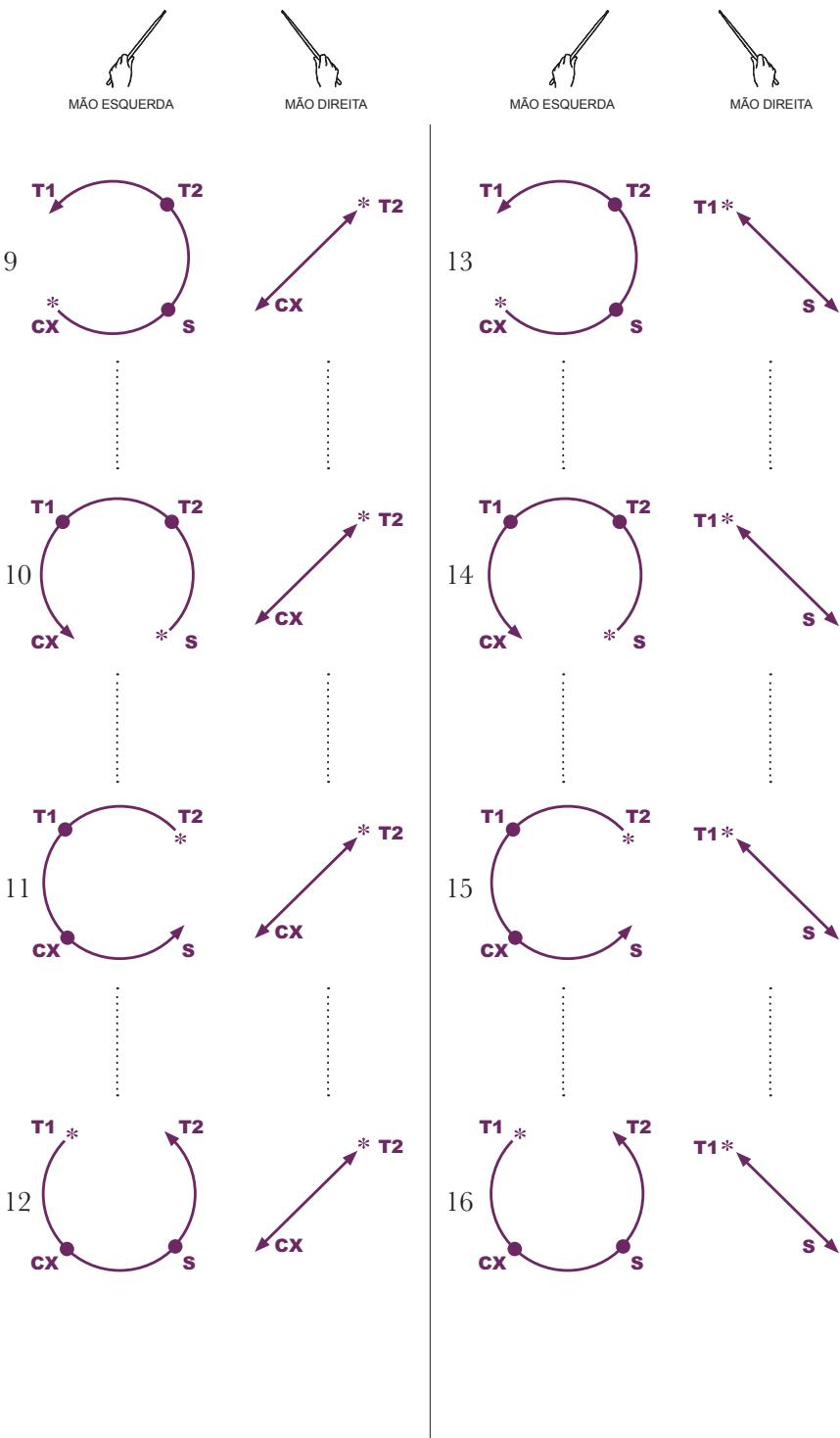
Movimento circular diagonal (sentido horário)





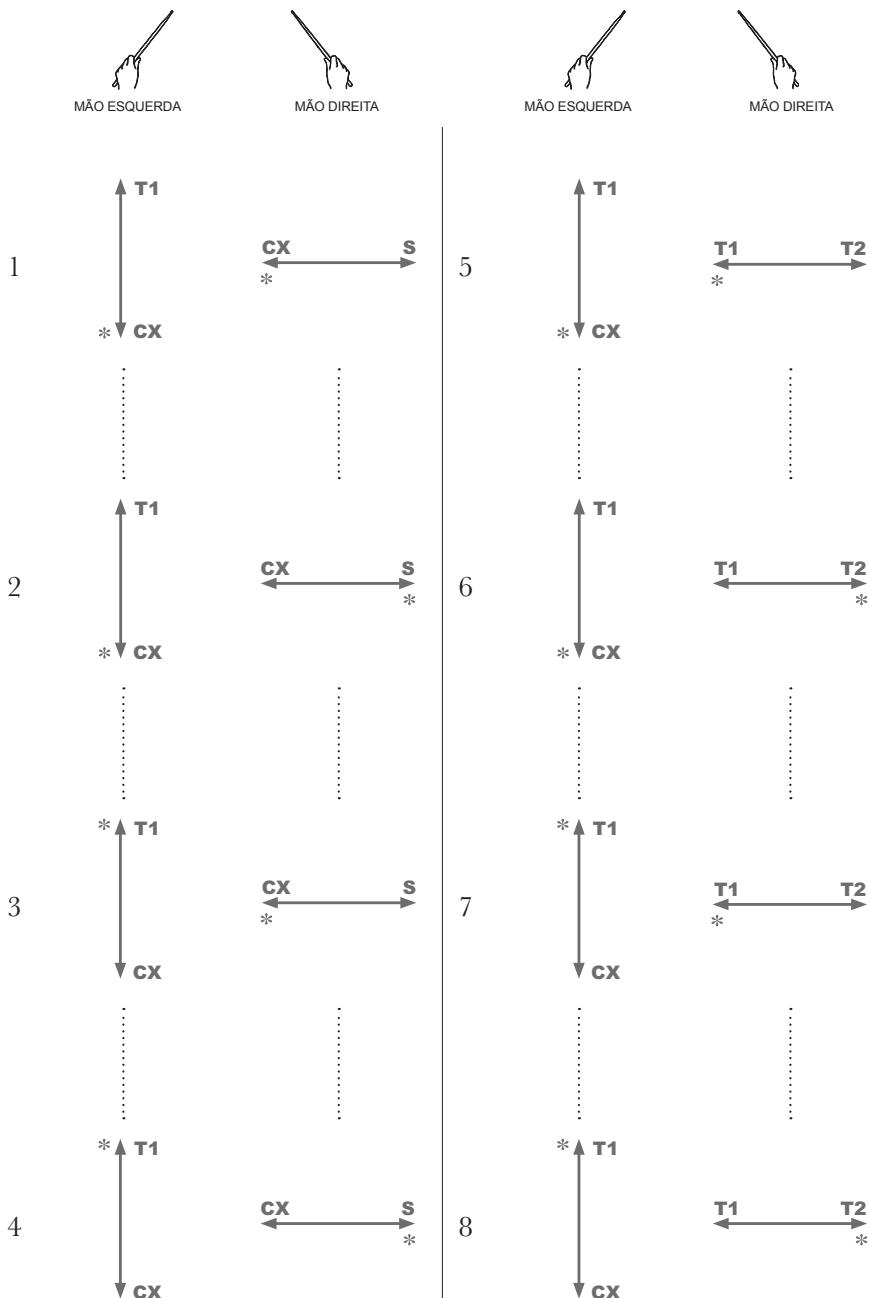
Movimento circular diagonal (sentido anti-horário)

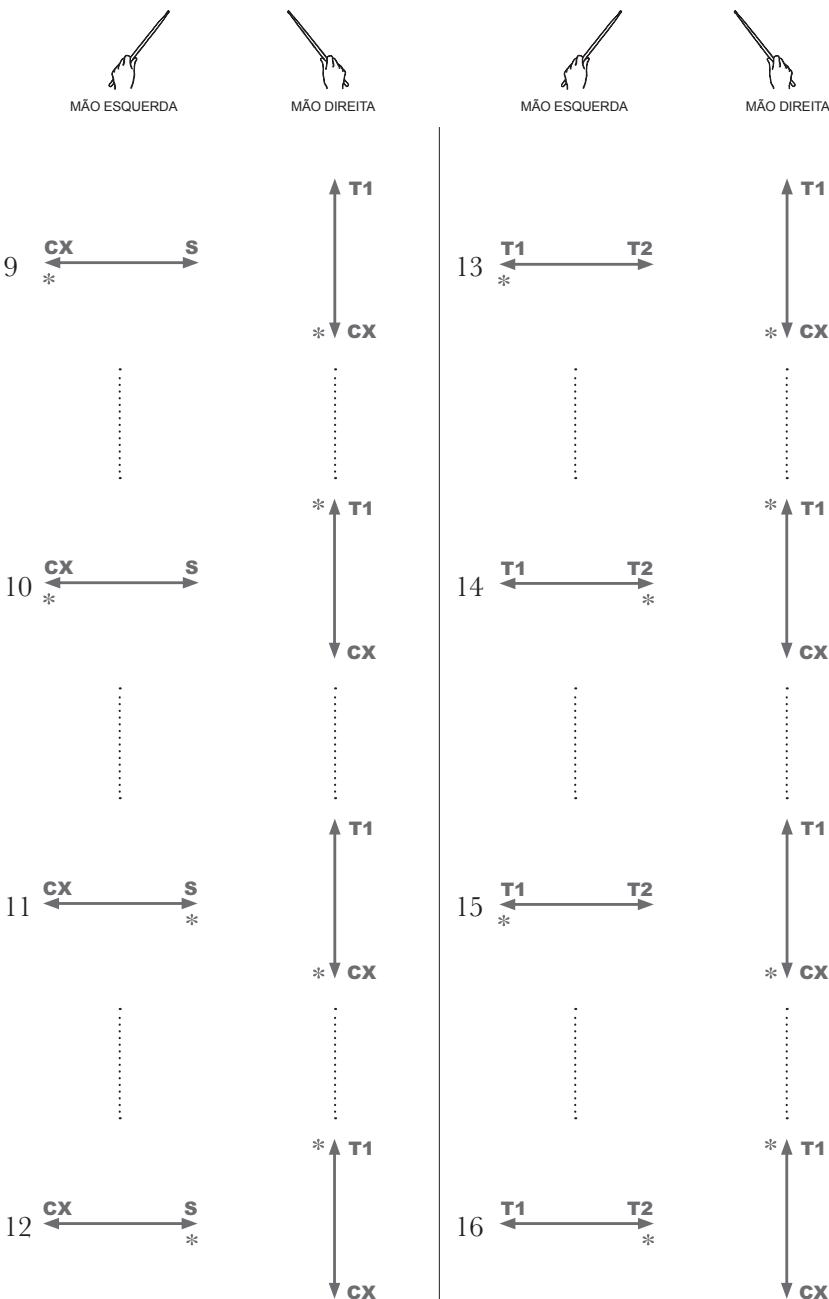




Movimento aleatório

Movimento aleatório







MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

17



21



18



22



19



23



20



24





MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA

25 **CX** ← → **S**
* ↓ ↑

↑ **T2**
* ↓ **S**

26 **CX** ← → **S**
* ↓ ↑

* ↑ **T2**
* ↓ **S**

27 **CX** ← → **S**
* ↓ ↑

↑ **T2**
* ↓ **S**

28 **CX** ← → **S**
* ↓ ↑

* ↑ **T2**
* ↓ **S**

29 **T1** ← → **T2**
* ↓ ↑

↑ **T2**
* ↓ **S**

30 **T1** ← → **T2**
* ↓ ↑

* ↑ **T2**
* ↓ **S**

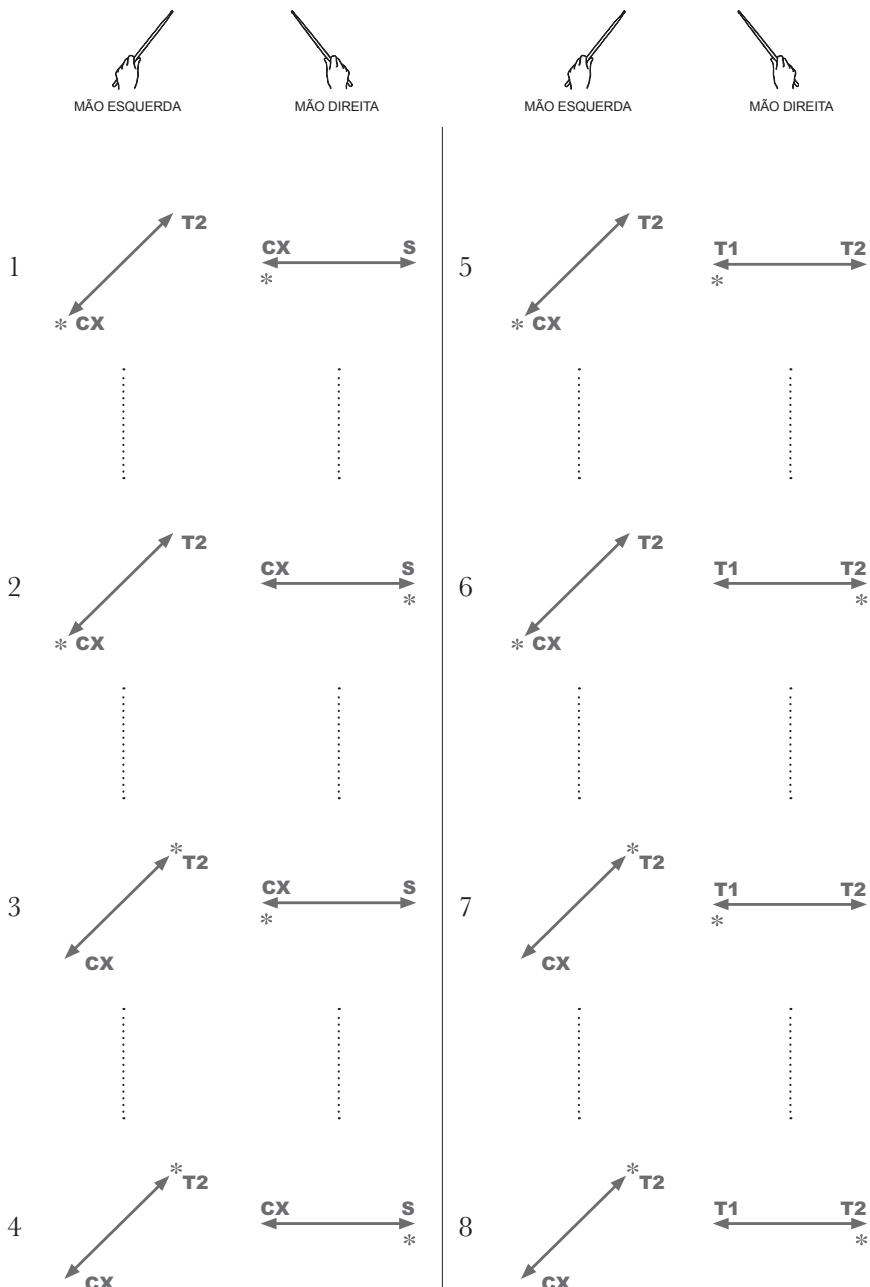
31 **T1** ← → **T2**
* ↓ ↑

↑ **T2**
* ↓ **S**

32 **T1** ← → **T2**
* ↓ ↑

* ↑ **T2**
* ↓ **S**

Movimento aleatório





MÃO ESQUERDA



MÃO DIREITA

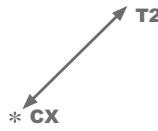


MÃO ESQUERDA

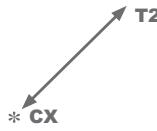


MÃO DIREITA

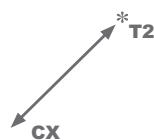
9 $\xleftarrow{\text{CX}} \xrightarrow{\text{s}}$



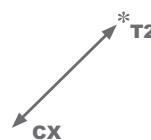
13 $\xleftarrow{\text{T1}} \xrightarrow{\text{T2}}$



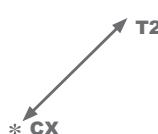
10 $\xleftarrow{\text{*}} \xrightarrow{\text{s}}$



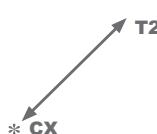
14 $\xleftarrow{\text{*}} \xrightarrow{\text{T2}}$



11 $\xleftarrow{\text{CX}} \xrightarrow{\text{s}}$



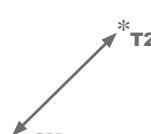
15 $\xleftarrow{\text{T1}} \xrightarrow{\text{T2}}$

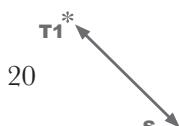
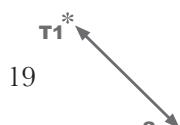
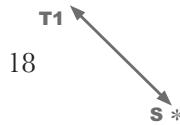
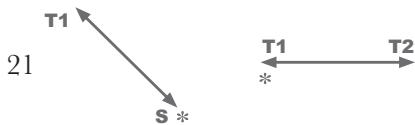
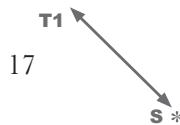


12 $\xleftarrow{\text{CX}} \xrightarrow{\text{s}}$



16 $\xleftarrow{\text{T1}} \xrightarrow{\text{T2}}$







MÃO ESQUERDA



MÃO DIREITA

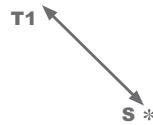


MÃO ESQUERDA

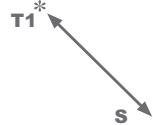


MÃO DIREITA

25 $\xleftarrow[\ast]{\text{CX}}$ $\xrightarrow{\text{s}}$



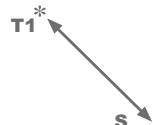
26 $\xleftarrow[\ast]{\text{CX}}$ $\xrightarrow{\text{s}}$



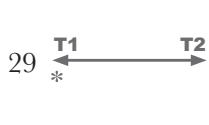
27 $\xleftarrow[\ast]{\text{CX}}$ $\xrightarrow{\text{s}}$



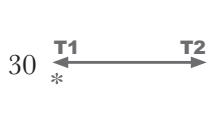
28 $\xleftarrow[\ast]{\text{CX}}$ $\xrightarrow{\text{s}}$



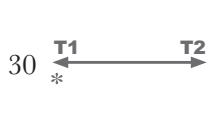
29 $\xleftarrow[\ast]{\text{T1}}$ $\xrightarrow{\text{T2}}$



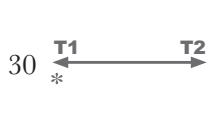
30 $\xleftarrow[\ast]{\text{T1}}$ $\xrightarrow{\text{T2}}$



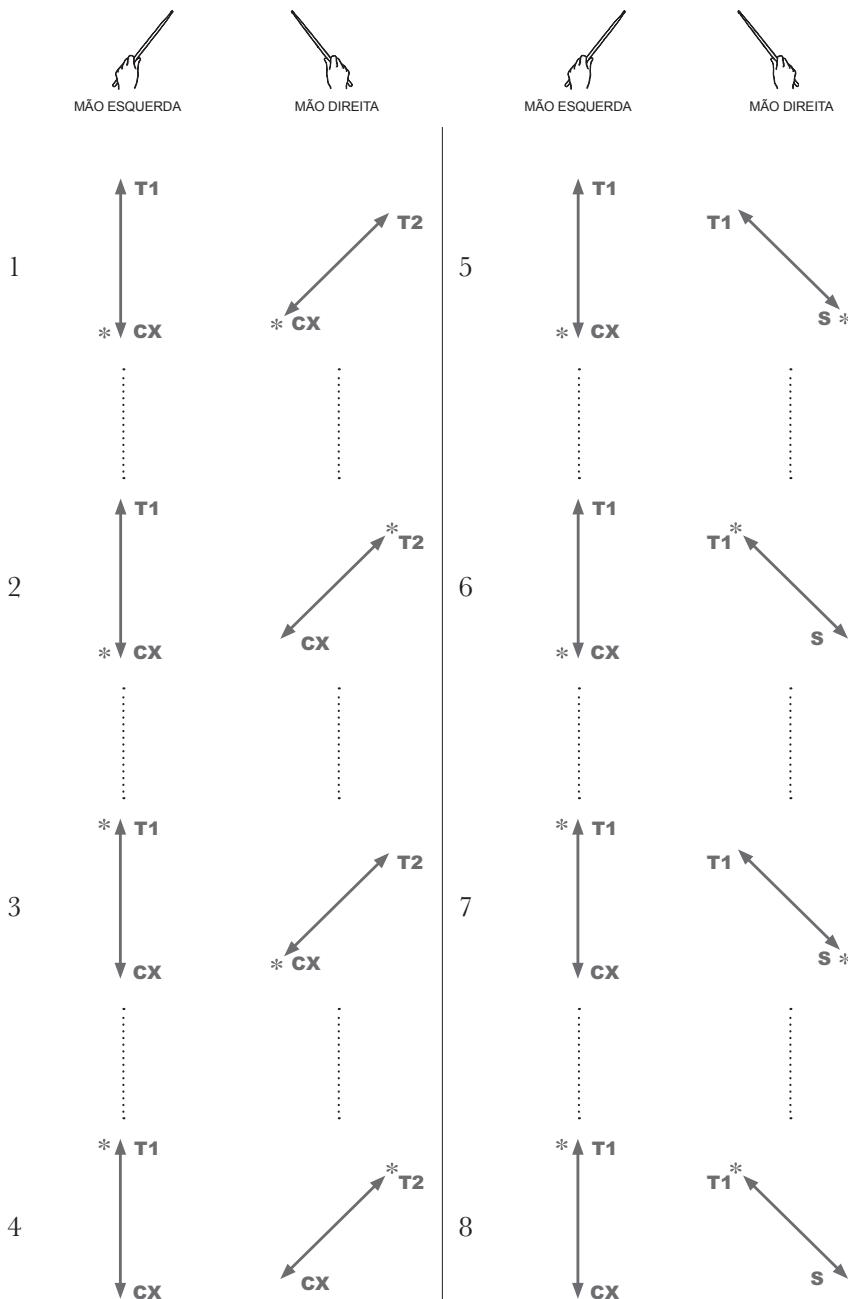
31 $\xleftarrow[\ast]{\text{T1}}$ $\xrightarrow{\text{T2}}$

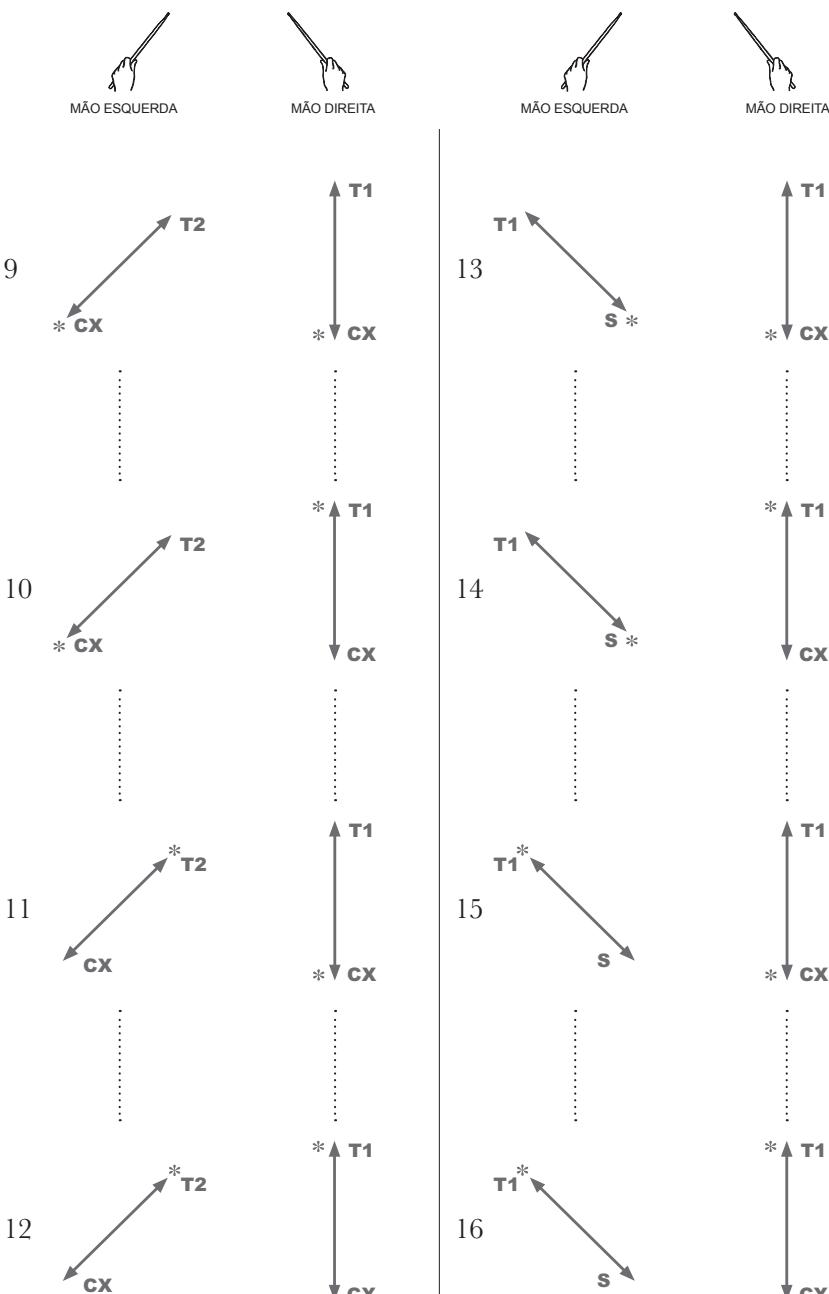


32 $\xleftarrow[\ast]{\text{T1}}$ $\xrightarrow{\text{T2}}$



Movimento aleatório



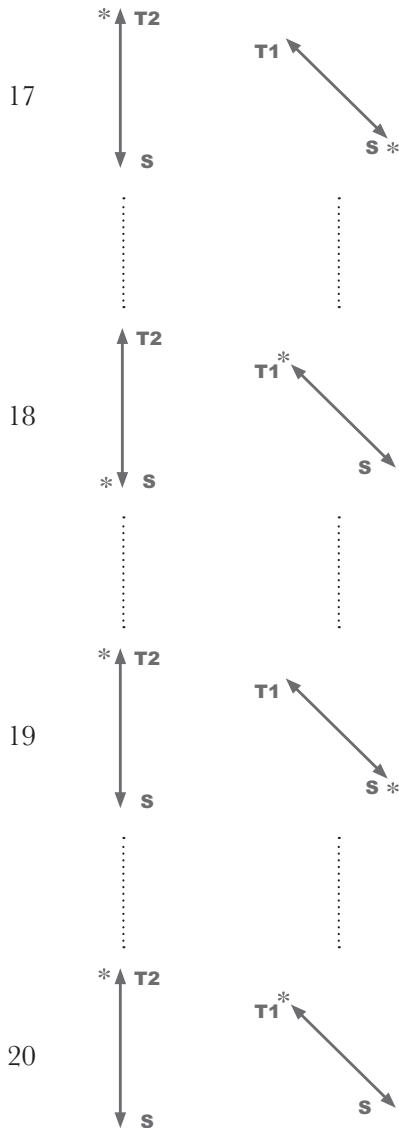




MÃO ESQUERDA



MÃO DIREITA

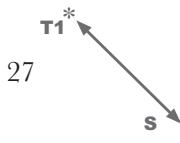
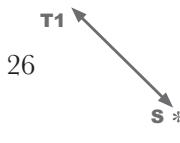
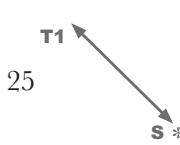




MÃO ESQUERDA



MÃO DIREITA



MÃO ESQUERDA



MÃO DIREITA





Depoimentento 1

Ut magnam, quia nimir estis inctiosa porunt facipicia sum, ut lam, ent commolupicae voluptat iniatur Vidipsam et ea nem. Cit hicati ut omnihic temque.

Depoimentento 2

Ut magnam, quia nimir estis inctiosa porunt facipicia sum, ut lam, ent commolupicae voluptat iniatur Vidipsam et ea nem. Cit hicati ut omnihic temque.

Depoimentento 3

Ut magnam, quia nimir estis inctiosa porunt facipicia sum, ut lam, ent commolupicae voluptat iniatur Vidipsam et ea nem. Cit hicati ut omnihic temque.

Depoimentento 4

Ut magnam, quia nimir estis inctiosa porunt facipicia sum, ut lam, ent commolupicae voluptat iniatur Vidipsam et ea nem. Cit hicati ut omnihic temque.

Depoimentento 5

Ut magnam, quia nimir estis inctiosa porunt facipicia sum, ut lam, ent commolupicae voluptat iniatur Vidipsam et ea nem. Cit hicati ut omnihic temque.