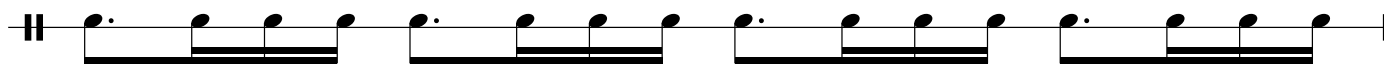
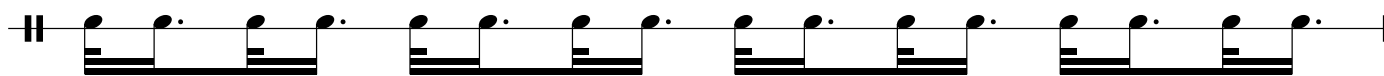
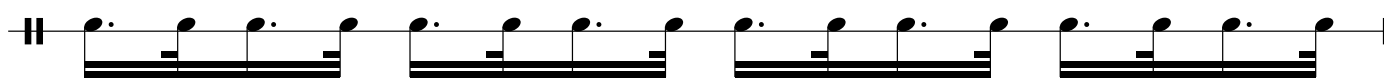
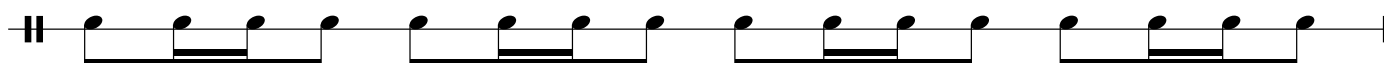
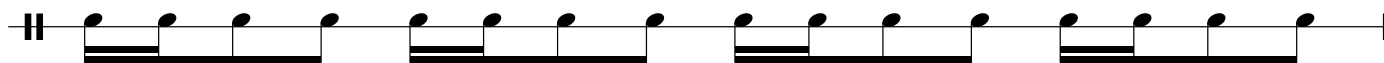


# Half Fast Practice

by Dr. Valissa Willwerth

For figures like this: 

Play it 10 times with each of these rhythms



*2 versions for triplet groupings*

