

Hi-Hat Workout — Notation Sheet

Four rhythms that turn into one continuous routine. Print this sheet, put it in front of you and work your way up tempo by tempo. **Ts** is the closed hi-hat, **Tsss** the open one, **Hi** and **ZuZu** are your breaths.

The four parts

1 • Straight hi-hats — clean and even

ll: Ts - Ts - Ts - Ts | Ts - Ts - Ts - Hi :ll 8x

2 • With the ZuZu inhale — you know it from the beginner course

ll: Ts - TsTs - Tsss | Ts - Tsss - ZuZu :ll 4x

Warm-up: ll: ZuZu - He - ZuZu - He :ll 8x

3 • Closed and open combined

ll: Ts Ts Ts - Tsss - Ts - Tsss Hi :ll 8x

4 • Hip-hop rhythm

ll: Ts - Ts - Tss - TsTsTs - Tss Hi :ll 8x

The complete routine

ll: Ts - Ts - Ts - Ts | Ts - Ts - Ts - Hi :ll 4x
 ll: Ts - TsTs - Tsss | Ts - Tsss - ZuZu :ll 4x
 ll: Ts - Ts - Ts - Ts | Ts - Ts - Ts - Hi :ll 4x
 ll: Ts Ts Ts - Tsss - Ts - Tsss Hi :ll 4x
 ll: Ts - Ts - Ts - Ts | Ts - Ts - Ts - Hi :ll 4x
 ll: Ts - Ts - Tss - Ts | TsTs - Tss Hi :ll 4x
 ll: Ts - Ts - Ts - Ts | Ts - Ts - Ts - Hi :ll 4x

The four rounds — tempo

ROUND	NOTATION	METRONOME	GOAL
1	75 BPM	150 BPM	Just get through it without mistakes
2	80 BPM	160 BPM	Transitions without stumbling
3	85 BPM	170 BPM	Every sound equally sharp
4	87 BPM	174 BPM	Final tempo

Why two numbers? The notation counts in quarter notes, the metronome runs twice as fast — that way you also hear the eighths between the beats. So always set your metronome to the number on the right.

Too fast? Go back one tempo. Clean at 75 beats wobbly at 87. And keep a glass of water nearby — hi-hats dry out your mouth.