

# Table of Contents

About the Author.....	3
Acknowledgments, Dedication, Introduction.....	4
<b><u>Part I Ostinato Studies</u></b>	
Introduction to Ostinatos and Rhythmic Patterns.....	5
Rhythmic Patterns.....	7
Drum Set Key.....	11
Brazilian and Afro-Cuban Coordination.....	12
Brazilian/Afro-Cuban Ostinatos.....	20
Solo Ostinatos.....	37
Advanced Funk Ostinatos.....	39
Shuffle Ostinatos.....	41
Odd Time Circular Grooves.....	42
<b><u>Part II Drum Set Grooves</u></b>	
Brazilian Grooves.....	49
Afro-Cuban Grooves.....	54
Funk Beat Displacement and Grooves.....	59
<b><u>Part III Jazz Independence</u></b>	
Jazz Independence Exercises for Snare/Bass Drum.....	62
Jazz Independence Etude for Snare/Bass Drum.....	68
Jazz Hi-Hat Patterns.....	73
Three-Way Jazz Independence Exercises.....	74
Three-Way Jazz Independence Etude.....	80
<b><u>Part IV Latin Percussion Studies</u></b>	
Conga Rhythms.....	85
Bongo Rhythms.....	98
Timbale Rhythms.....	101
Latin Ostinatos for the Feet.....	107
<b><u>Appendix</u></b>	
A—Hand Exercises.....	112
B—Hand and Foot Coordination.....	120
C— The Clave/The Cascara.....	130
D—Recommended Books.....	132
<b><u>Introduction to the Recordings</u></b> .....	139
Table of Contents for Audio Tracks-Folders 1-6.....	141
Ostinato Solo Transcriptions.....	151
Conga Solo w/Left Foot Clave.....	173
<b>5th Edition Add-Ons</b>	
Transition Tune.....	178
Anatomy of a Groove .....	179
Sequences for Soloing.....	180
Basic Coordination Sequence.....	181
Basic Latin Rhythms for the Drum Set.....	182
Metric Modulation Examples.....	183
Polyrhythms for the Drum Set.....	185
More Rhythmic Patterns.....	188