

The Alternator

for use with the Stevens technique

Seth Adams

practice first without accents to achieve identical technique in each hand;
then add accents while avoiding "flams" (accent above staff = R.H. ; accent below staff = L.H.)

Mallets

4 3 etc.

1 2 etc.

4 3 4 4 3 4 4 3 4 4 3 4 4 4 4

1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2

3 4 etc.

2 1 etc.

3 4 3 4 3 4 3 4 3 4 3 4 3 4 3

Tempo Range:
90-140 b.p.m.