

e)

f)

g)

h)

Você pode criar o seu próprio exercício de aquecimento utilizando outros rudimentos ou outra sequência em que os pés são tocados.

3 - Aquecer formando levadas:

- outra opção para tocar a caixa no último compasso: contratempo

- outra opção para tocar a caixa no último compasso: cabeças de tempo

4 - Treino individual dos pés:

Uma forma de estudo interessante é o estudo individual dos pés pois sabemos que o pé esquerdo (para quem é destro) geralmente é menos hábil que o direito. Os exercícios a seguir servirão para estudar os pés individualmente e também comparar o toque de um com o outro, tocando com o direito e logo depois o esquerdo.

The image shows four staves of musical notation for foot exercises. Each staff consists of two lines: the top line has 'x' marks indicating foot placement, and the bottom line has rhythmic notation. The exercises are as follows:

- Staff 1: Eighth notes on the bottom line, with 'x' marks above. The rhythm is a steady eighth-note pattern.
- Staff 2: Quarter notes on the bottom line, with 'x' marks above. The rhythm is a steady quarter-note pattern.
- Staff 3: Quarter notes on the bottom line, with 'x' marks above. It includes a triplet of eighth notes in the second measure.
- Staff 4: Quarter notes on the bottom line, with 'x' marks above. It includes a triplet of eighth notes in the second measure.

5 - Exercícios de mãos e pés:

Pratique as combinações entre mãos e pés nos exercícios abaixo.

The image shows four staves of musical notation for hand and foot exercises. Each staff consists of two lines: the top line has rhythmic notation and the bottom line has rhythmic notation. The exercises are as follows:

- Staff 1: Eighth notes on the top line, with quarter notes on the bottom line. The rhythm is a steady eighth-note pattern on the top line and a steady quarter-note pattern on the bottom line.
- Staff 2: Eighth notes on the top line, with quarter notes on the bottom line. The rhythm is a steady eighth-note pattern on the top line and a steady quarter-note pattern on the bottom line.
- Staff 3: Eighth notes on the top line, with quarter notes on the bottom line. The rhythm is a steady eighth-note pattern on the top line and a steady quarter-note pattern on the bottom line.
- Staff 4: Eighth notes on the top line, with quarter notes on the bottom line. The rhythm is a steady eighth-note pattern on the top line and a steady quarter-note pattern on the bottom line.

6 - Levadas

a)