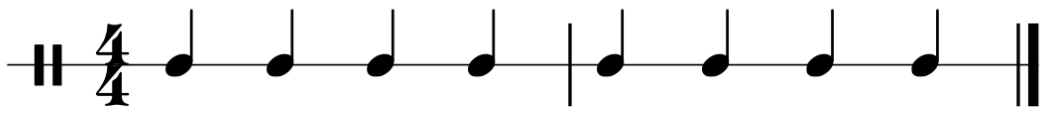


Internalising Rhythms Exercise


Practice with a metronome (60/70/80BMP)

Feet



R L R L R L R L

Voice



T K T K T K T K T K T K T K T K

Clap variation 1



Clap variation 2



Clap variation 3

