

Flam Accent - Metamorphosis 1.5

Polyrhythmic exercises with Moving Accents 1 - 4 over Flamaccents in a grouping of three

In Flam Accent-Metamorphosis 1.5 we play a Polyrhythm by using the first 4 Accents of the Moving Accents concept while playing the Flamaccent in a 16th note subdivision which creates a grouping of three regarding the Flams.

1

2

3

4

Practice Instructions:

- start practicing slow and use a metronome.
- be aware of the stickings, and accents, in some combinations they can be quite confusing in the beginning.