

# Triplet Ornamentation Exercises

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NOTATION KEY:

Rotation  
or Flip

Finger Tips  
(at edge)

Slap  
(near center)

Finger Tips/at  
Top of Pandeiro

Thumb → / ↓

("Toe")

Heel of Palm (at edge)

Roll - (middle finger near edge)

Rotation

## Training Drills

Quickly rotate (flick) top toward playing hand/return - small gesture

Quickly flip (wrist) far edge upward and return (drop) - small gesture

Alternate Rotations & Flips

## Light, moderate tempo

Single forward gesture for first two notes; rotate inst. for beat 2

## Full Rotation Triplet Exercises

### Full Rotation Sequences

### Shifting Accents

### Full & Accent Rotation Sequences