



All 4 mallet exercises should be played using the Stevens Grip ONLY! For more info, check out "Method of Movement for Marimba" by Leigh Howard Stevens or (for a more simple approach) "Simply Four" by Gifford Howarth.

"4 up, 4 down" (80-140 bpm)

30

up/down through 12 keys < ending >

"3-2-1" (80-140 bpm)

36

40

Alternating Strokes (100-150 bpm)

45

1 2 3 4 4 3 2 1                      up through 12 keys                      \*ending                      1 2 3 1 2 3 4 3 2 1

Outs-Ins (100-140 bpm)

51

4 3 3 4 4 etc  
1 2 2 1 1

55

60

1 2 3 4 3 2 1 2 4