

BASIC HEEL TOE TECHNIQUE EXERCISES

Below are 4 exercises to help you develop your Heel Toe technique. Aim to practice the motion correctly first, then apply the technique to these grooves. As usual, I encourage you to create your variations based on these examples.



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♩ = 75 - 120

Exercise 1: Musical notation for two measures. The first measure shows a heel strike (marked with an 'x') followed by a toe strike (marked with a dot). The second measure shows a toe strike followed by a heel strike. Labels 'Heel' and 'Toe' are placed below the respective notes.

Exercise 2: Musical notation for two measures. The first measure shows a heel strike followed by a toe strike. The second measure shows a toe strike followed by a heel strike. Labels 'Heel' and 'Toe' are placed below the respective notes.

Exercise 3: Musical notation for two measures. The first measure shows a heel strike followed by a toe strike. The second measure shows a toe strike followed by a heel strike. Labels 'Heel' and 'Toe' are placed below the respective notes.

Exercise 4: Musical notation for two measures. The first measure shows a heel strike followed by a toe strike. The second measure shows a toe strike followed by a heel strike. Labels 'Heel' and 'Toe' are placed below the respective notes.