

Mallet Exercises Excerpt:  
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# Reading Mallet Percussion Music

Third Edition

by **Rebecca Kite**

All tracks performed by Rebecca Kite, marimba,  
(YM6000 marimba, AKG 414 microphones)  
Recorded in Heartwood Studio, Leesburg, Virginia

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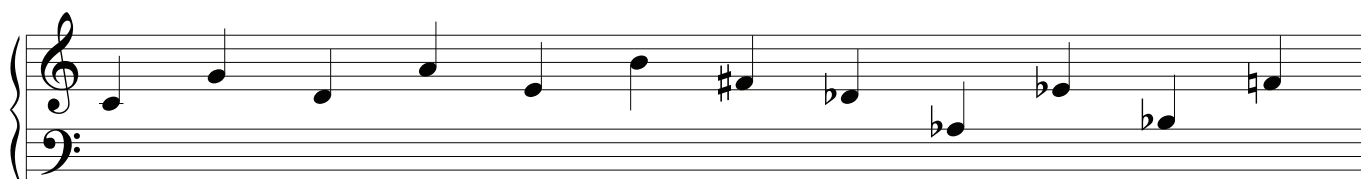
## About the Technique Play Along Tracks

I use the following patterns for the first note of each scale in each exercise when playing these exercises in the Circle of Fourths, Circle of Fifths and chromatically. There are other choices which work very well and I recommend exploring them after you have learned the exercises in these patterns.

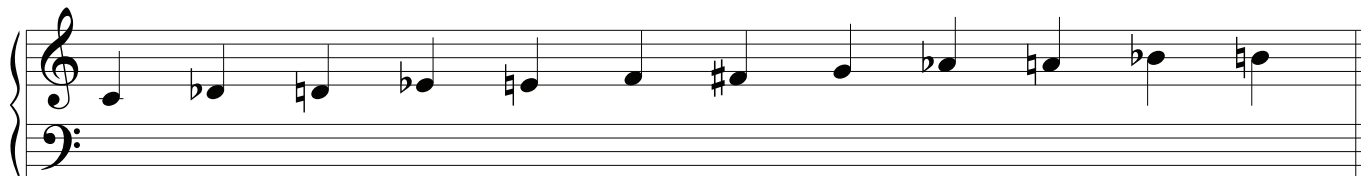
### Circle of Fourths Pattern



### Circle of Fifths Pattern



### Chromatic Scale Pattern



### Playing With the Tracks

There is a two measure click in to begin each exercise. The key organization pattern (circle of fourths, fifths, chromatic) and recorded tempo is noted on each exercise.

I recorded these at a tempo that maybe challenging. When you are first learning the exercise, select a tempo where you can play it perfectly. Then, over many practice sessions, gradually increase the tempo to develop your fluency. After you can play the tracks at the recorded speed, challenge yourself by increasing your tempos even more.

When you can play all the technique tracks at the recorded speed, you will have the technical facility to play all the pieces in this book.

### Practicing

Play each exercise in all twelve keys using the major and the three forms of minor scales.

Practice carefully and accurately, creating the best tone quality and most musical phrasings that you can!



Play Along Audio Files:  
See Page 152 for filenames

# Technique Exercises

## Scale Based Exercises

**1** quarter = 92, fourths **2** quarter=92, chromatic

L R L R L R L R L R L R L R L L L R L R L R L

**3** quarter=92, fourths **4** quarter=92, fifths **5** quarter=92, fifths

R L R L R L R R L R L R L R L R L R L R L R L R L R L R

**6** quarter=92, fourths

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R

**7** quarter=92, fourths

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R

L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

**8** quarter=92, fourths

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R

L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

**9** quarter=80, chromatic

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R

**10** quarter=92, fifths

L R L R L R L R L R L R L R L R L R L R L R L R L R L R L L R L R L L R L R L



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See Page 152 for filenames

L R L R L L R L R L L R L R L L R L R L R R R L R L R R L R L R

R L R L R R L R L R R L R L R R L R L R R L R L R L

11 quarter=92, fourths

L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

12 quarter=80, chromatic

13 quarter=80, chromatic

L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

R L R L R L R L R L R L R L R L R

### Chord and Arpeggio Based Exercises

14 quarter=80, fourths

15 quarter=80, fourths

L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

16 quarter=80, fifths

L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

17 quarter=70, fourths

18 quarter=80, chromatic

R L R L R L R R L R L R L

19 dotted quarter=92, chromatic

20 dotted quarter=92, chromatic

21 dotted quarter=92, chromatic

22 dotted quarter=92, chromatic

R R L R L R R L R L R L R L R L R L R L R L R L R L R L R L



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See Page 152 for filenames

## Roll Exercises

23 quarter=92, fourths

RRRRRLRLRLRL RRRRRLRLRLRL RRRRRLRLRLRL RRRRRLRLRLRL

RRRRRLRLRLRL RRRRRLRLRLRL RRRRRLRLRLRL RRRLRLRL

LLLLRLRLRLRL LLLLLRLRLRLRL LLLLLRLRLRLRL LLLLLRLRLRLRL

LLLLRLRLRLRL LLLLLRLRLRLRL LLLLLRLRLRLRL LLLRLRL

24 quarter=92, fifths

LLLRLRLRLRLRLRLRLRLRL LLL etc.

RRRLRLRLRLRLRLRLRL

RRRL etc.



Play Along Audio Files:  
See Page 152 for filenames

## Gesture and Accuracy Exercises

Scales: hands separate, then together. Use one large arm gesture with four small hand/mallet bounces for each measure. Be sure to use combined right and left gestures when playing hands together, not separate wrist strokes.

**25** eighth=210, fourths

L L L L L L L L L L L L L L R R R R R R R R R R R R R R

L R L R L R L R L R L R L R L R L R L R L R L R L R

**26** eighth=210, fourths

R R R R R R R R R R R R R R L L L L L L L L L L L L L L

R L R L R L R L R L R L R L R L R L R L R L R L R L

Arpeggios: hands separate, then together. Use a relaxed, bouncing arm motion to cover the wide leaps necessary for playing this pattern. Keep a stable hand/mallet position. Do not point with the mallets.

**27** eighth=120, fourths

L L

R R R R R R R R R R R R R R L R L R L R L R L R L R

L R L R L R L R L R L R L R L R L R L R L R L R L R L



Play Along Audio Files:  
See Page 152 for filenames

## Arm Movement Exercises

Use a relaxed, fluid motion. To reach the octaves, throw your arms outward from your body, letting them relax and fall into the correct note positions, returning easily to the center.

28 quarter=74

R L R L R L R L R L R L R L etc.



Play Along Audio Files:  
See Page 152 for filenames

29 quarter=60

30 dotted quarter=40