

RELATIONSHIPS PAGES

USING SUBDIVISION GROUPINGS FOR FEET

Technique: A **technique** is a procedure used to accomplish a specific activity or task.

The procedure I use for the feet in these exercises is heel up, this is an advantage for my specific playing style (ACTIVITY) which incorporates power and endurance.

The task/style is to perform Contemporary Rock Music-("contemporary history" may refer to the history remembered by most adults currently living, extending to about a [generation](#). As the median age of people living on Earth is currently 30 that is the general era of music I am referring too.)

The following exercises are a workout routine I designed so I could practice my footwork.

It also helps me work on co-ordination, independence, and being able to concentrate on which foot is playing what grouping, while running through a rhythmic "scale" of even sub divisions.

It is designed to warm up your limbs (and mind), and the greater the subdivision the "faster" you play, all the while with the discipline of the quarter note Click, which helps keep an accurate and even quality to the exercise.