



NAME: \_\_\_\_\_

### **MOUThWASH EXERCISES - PART 1**

These are daily routines to build up your vocal dexterity.  
Start slow and try and take it a little faster each day.

#### **KEY:**

B = long kick (2 counts) / b = short kick (1 count)  
T = long hi-hat / t = short hi-hat  
K = long inwards snare / k = short inwards snare

#### **SET 1: Easy to intermediate**

- |                                    |    |
|------------------------------------|----|
| 1) B T K T T B K t t               | x8 |
| 2) B t b K T T B K t t             | x8 |
| 3) B t t K T b T b K t t           | x8 |
| 4) b t b t k t t b t k b t k t t t | x8 |

#### **SET 2: Intermediate to hard**

- |                                    |    |
|------------------------------------|----|
| 1) b t t b t t k t b t t b t b k t | x8 |
| 2) b t k b t t k t b t k b k b K   | x8 |
| 3) B B k b t k t k t b K t t       | x8 |
| 4) b t b k t b k t b b Bs K        | x8 |

**WATCH THESE EXERCISE DEMOS ONLINE**  
**WWW.BEATBOXACADEMY.CO.UK**