

# Technique Exercises for the Beginning Conga Player

## Notation Key

O                      M                      S                      B                      H                      T  
 open                      muff                      slap                      bass                      heel                      toe

## Basic Tone Exercises

### Alternating 8's (chapoteo)

O O O O O O O O      M M M M M M M M      S S S S S S S S      B B B B B B B B      H H T T H H T T  
 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

### Alternating 8's (double stop heel-toe)

O O O O O O O O      M M M M M M M M      S S S S S S S S      B B B B B B B B      H T H T H T H T  
 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      both hands

### 8 On A Tone

O O O O O O O O      O O O O O O O O      M M M M M M M M      M M M M M M M M      S S S S S S S S  
 R -->                      L -->                      R -->                      L -->                      R -->

6      S S S S S S S S      B B B B B B B B      B B B B B B B B      H T H T H T H T      H T H T H T H T  
 L -->                      R -->                      L -->                      R -->                      L -->

## Tone Paradiddles

O O O O O O O O    M M M M M M M M    S S S S S S S S    B B B B B B B B

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

## Tone Paradiddles: Variation 1

O O O O O-->    O O O O O-->    M M M M M-->    M M M M M-->

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

5    S S S S S-->    S S S S S-->    B B B B B-->    B B B B B-->

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

## Heel-Toe Exercises

### Heel-Toe 4's

H H T T H H T T H H T T H H T T    H H T T H H T T H H T T H H T T

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

### Heel-Toe 3's

H T T H T T H T T H T T    H T T H T T H T T H T T

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