

# Table of Contents

Biographies .....	4
Thanks and Acknowledgements.....	5
Preface: Why I'm writing this book .....	6
<b>SECTION</b>	
<b>1.</b> Getting Started.....	7
<b>2.</b> Basic Strokes .....	8
<b>4.</b> Notation key.....	9
<b>3.</b> Glossary of Terms .....	11
<b>5.</b> Clave: The key to Afro-centric music.....	12
Definitions and clarifications.....	12
So what is 2-3 clave?.....	13
Determining "the direction" .....	14
Setting up the halves .....	14
Clave as a concept throughout the Americas .....	16
<b>6.</b> Phrasing, Part 1 .....	18
<b>7.</b> Phrasing, Part 2 .....	21
Rumba Guaguanco parts.....	21
Spirology in 12/8 or Triplet Feel.....	25
Conclusion.....	26
<b>8.</b> "Part-Lick" (or "Lick-Part") – Using the A/B Structure to Create Form.....	28
Salidor and Segundo Ideas in Guaguanco .....	29
Quinto Ideas .....	34
<b>9.</b> Playing with the Right Feel – Finding "Fix"! .....	38
Rumba Columbia .....	42
Using Fix.....	43
<b>10.</b> It's Not a Waltz! 12/8 Coordination Exercises .....	45
12/8 bell Coordination Exercises .....	46
Learning the Middle Subdivision in 12/8.....	48

Yongo.....	49
<b>11. Revoicing – Voicing and Orchestrating on Hand Drums .....</b>	<b>51</b>
Additional levels of rhythmic interest: resolving “in clave” .....	52
<b>12. Rhythmic Cells for Improvising (Quinto ideas) .....</b>	<b>54</b>
Rhythmic Cells in 4/4 .....	54
Rhythmic Cells based on triplets or 12/8 time .....	60
Rhythmic Cells based on upbeats.....	63
Combining Rhythmic Cells.....	64
<b>13. Heel-Toe technique .....</b>	<b>67</b>
Heel-Toe exercises .....	67
Heel-Toe exercises in 4/4 .....	68
Revoicing examples with Heel-Toe technique .....	74
<b>14. Agility Exercises with Heel-Toe.....</b>	<b>79</b>
Changuito’s ruffs .....	82
Changuito’s ruffs in 4/4 .....	83
<b>15. Building Stamina .....</b>	<b>85</b>
Single stroke clave exercises.....	92
<b>16. Double Stroke Exercises .....</b>	<b>93</b>
<b>17. Combining Technique with Repertoire.....</b>	<b>97</b>
Changuito’s Cascara .....	97
Cascara Embellishments.....	97
Cascara Embellishments on the Conga .....	98
<b>18. Hand to Hand .....</b>	<b>101</b>
Samba Parts on the Conga.....	101
Using Touches.....	102
Funk Parts for the Conga .....	103
<b>19. Segundo in Guaguanco .....</b>	<b>105</b>
<b>20. Flams .....</b>	<b>109</b>
<b>21. Conclusion .....</b>	<b>114</b>