

- RUTINA DE COORDINACIÓN DE ELVIN JONES:

- ELVIN JONES COORDINATION ROUTINE:

- EN 4/4 / IN 4/4:

- OSTINATO 1:

EJERCICIOS / EXERCISES:

1)

2) (SIN H.H. EN 2 y 4)
(WITHOUT 2 & 4 H.H.)

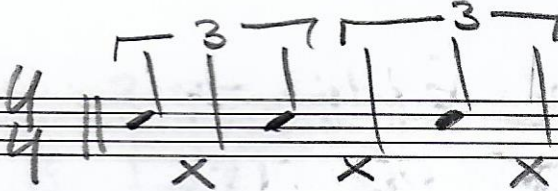
3) (SIN H.H. EN 2 y 4)
(WITHOUT 2 & 4 H.H.)

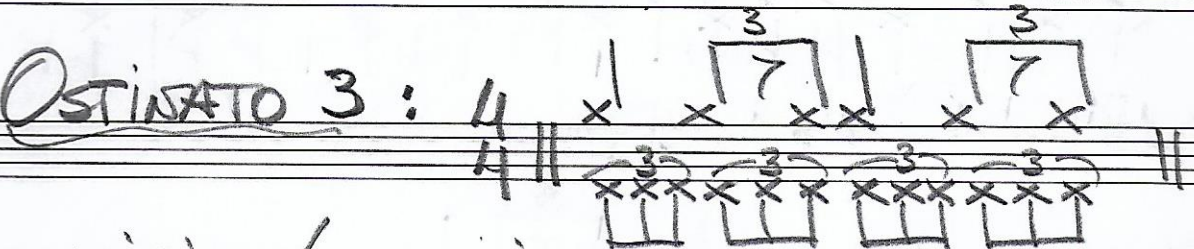
- OSTINATO 2:

EJERCICIOS / EXERCISES:

1)

2) (SIN H.H. 2 y 4)
(WITHOUT 2 & 4 H.H.)

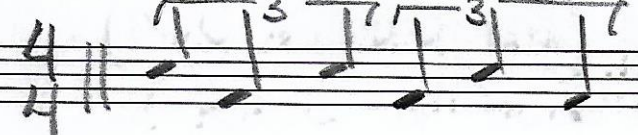
3) $\frac{4}{4}$ ||  || (SIN H.H. 2 y 4)
 (WITHOUT 2 & 4 H.H.)

OSTINATO 3: $\frac{4}{4}$ ||  ||

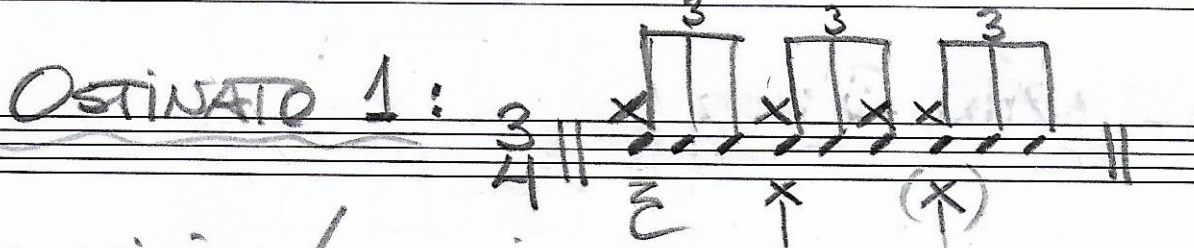
EXERCICIOS / EXERCISES:

1) $\frac{4}{4}$ ||  ||


2) $\frac{4}{4}$ ||  ||

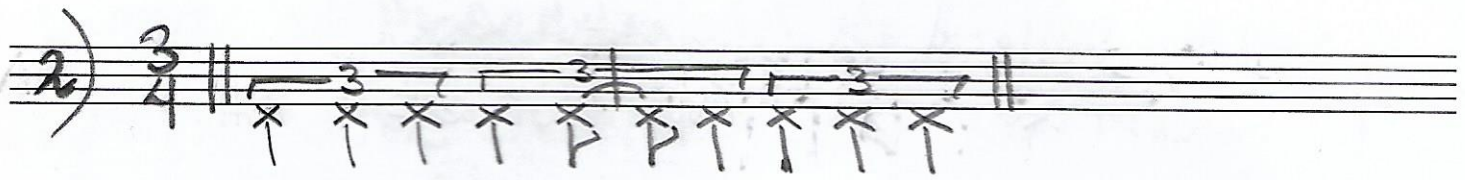
3) $\frac{4}{4}$ ||  ||

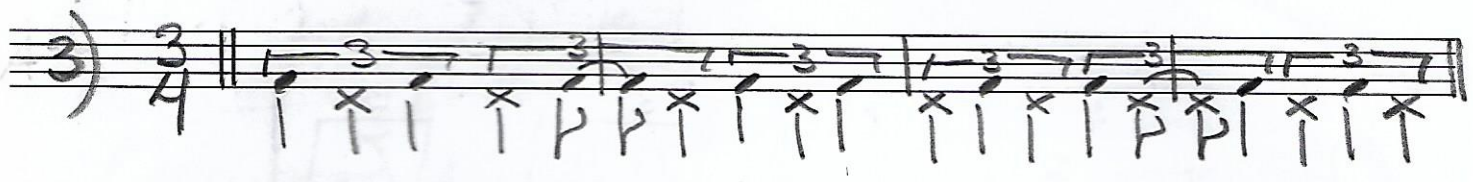
EN 3/4 / IN 3/4:

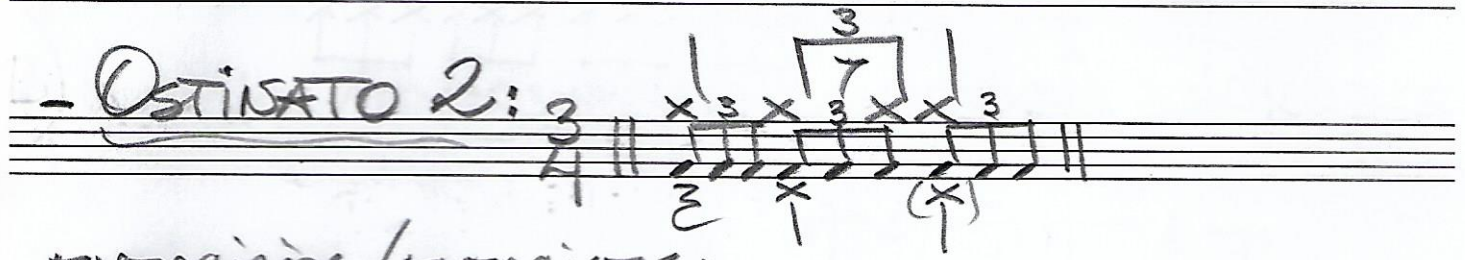
OSTINATO 1: $\frac{3}{4}$ ||  ||

EXERCICIOS / EXERCISES:

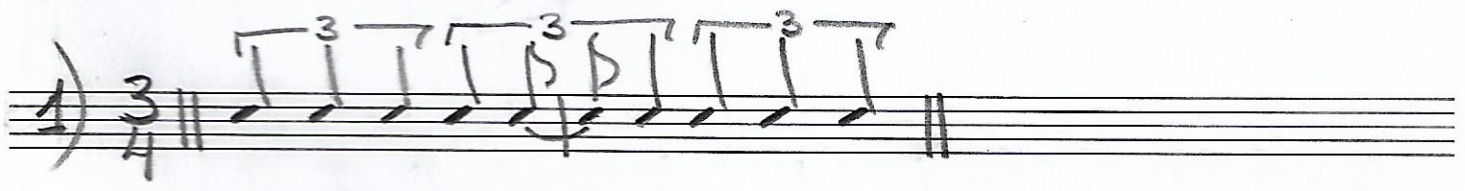
1) $\frac{3}{4}$ ||  ||

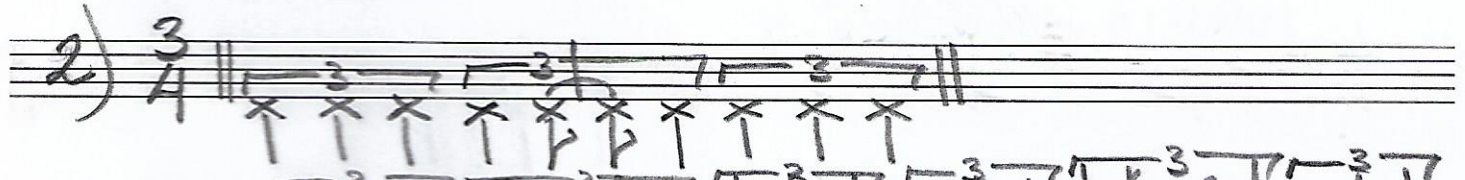
2) $\frac{3}{4}$ || 

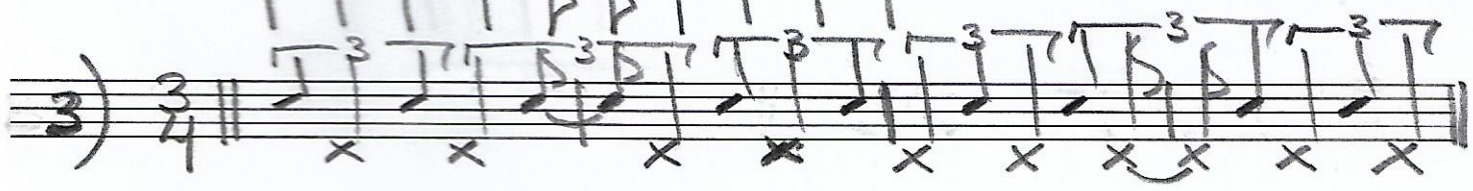
3) $\frac{3}{4}$ || 

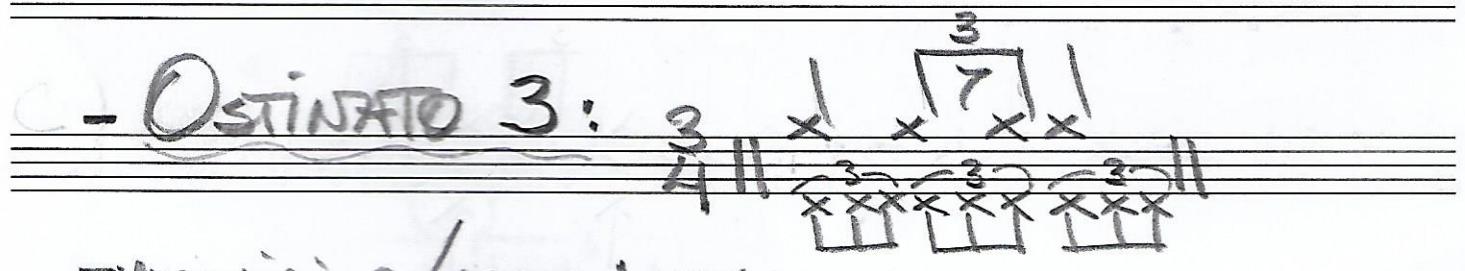
- OSTINATO 2: $\frac{3}{4}$ || 

EXERCICIOS / EXERCISES:

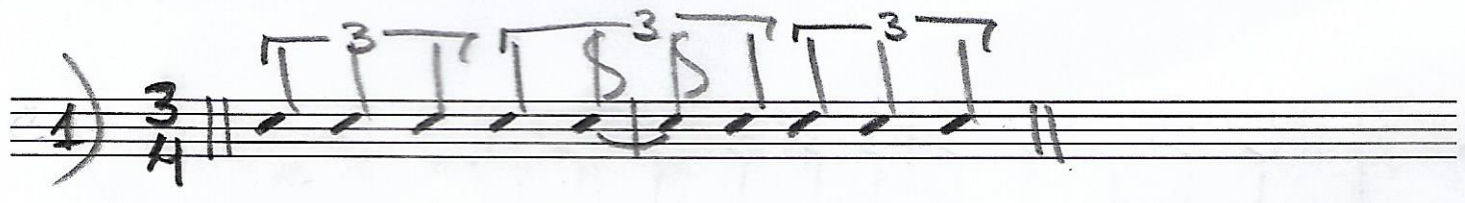
1) $\frac{3}{4}$ || 

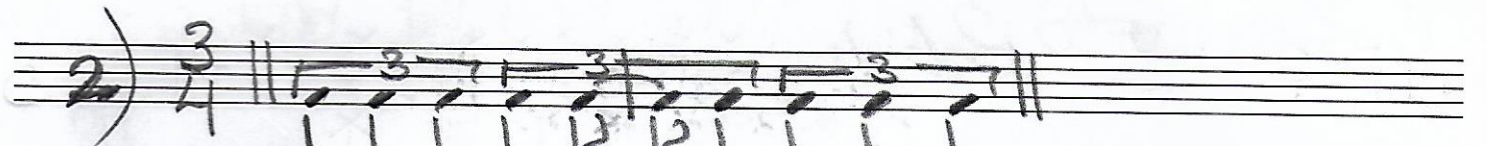
2) $\frac{3}{4}$ || 

3) $\frac{3}{4}$ || 

- OSTINATO 3: $\frac{3}{4}$ || 

EXERCICIOS / EXERCISES:

1) $\frac{3}{4}$ || 

2) $\frac{3}{4}$ || 

3) $\frac{3}{4}$ || 

