4-Mallet Exercises
Dr. C.A. Grosso

MULTIPLE STOPS
Practice each exercise:
1. Slowly at first, gradually increase speed,
2. Hands alone,
3. Hands together in octaves,
4. Hands together at interval of 3rd and 4th,
5. Both hands in alternate motion, any interval of separation between hands,
6. Listen carefully, be certain all mallets strike exactly simultaneously.

INTERVAL CHANGING
Practice each exercise:
1. Slowly at first, gradually increase speed,
2. Hands alone,
3. In all registers,
4. Hands together in octaves,
5. First as a double stop then as alternate inside and outside mallet strokes.
INDEPENDENT COMBINATIONS
Practice each exercise:
1. Slowly and deliberately, repeat many times,
2. Playing all pitches rhythmically and dynamically even,
3. Playing at different dynamic levels--more at forte,
4. Gradually increase the tempo maintaining rhythmic evenness,
5. Add accents to one mallet per pattern, repeat several times before accenting a different mallet. Accent each of the 4 mallets in each pattern before going on.