

# Aquecimento

Dia Aberto 2025:  
Percussão@ESML

Pedro Carneiro

12 *f* *p*

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

5 *f* *p* *f*

R R R R R R R R R R R R R R R R R R R R R R R

9

L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L L

13

17

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



45

R L R L R L R Ll R L Rr L R L R L R L R Ll R L Rr L R L R L R L R L R L R L R L R Ll R L Rr L R Ll Rr L Rr Ll

49

R L R L R L R Ll Rr L Rr Ll R L R L R L R Ll R L Rr Ll R L R L R L R L R L R L R L R Ll Rr Ll Rr Ll Rr Ll Rr Ll Rr Ll

53

R L R L R L Rr L R Ll 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 Rr L R Ll R L Rr Lr R Ll Rr L

57

R L R L R L Rr L R Ll R L R L R L R L R L R L R L R L R L R L R L Rr L R Ll R L Rr Lr R Ll Rr L

61

R L Rr Lr Rr L R Ll Rr L Rr Ll R L Rr Lr Rr L R Ll Rr L Rr Ll R L Rr Lr Rr L R Ll Rr L Rr Ll Rr Lr R Ll Rr L

*p*

65

*Ra de 5 - 5 stroke roll (exercício de LEFEVRE Guy : Le Tambour Technique Supérieure)*

R L R L Rr Ll R L R L Rr Ll R L R L R L Rr Lr R L Rr Lr R