

How To Play The Cajon: For Beginners

Bass Tone Slap Tone Accented Slap Tone

R= Right Hand

L= Left Hand



Section Five: Basic Patterns for the Bass and Slap Tone

Quarter Note Exercises

COUNT 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

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

1 2 3 4 1 2 3 4 1 2 3 4

5 6 7

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

Quarter and Eighth Note Exercises

COUNT 1 2 & 3 4 & 1 2 & 3 4 & 1 2 & 3 4 & 1 2 & 3 4 &

8 9 10 11

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

1 & 2 3 & 4 1 & 2 3 & 4 1 & 2 3 & 4 1 & 2 3 & 4

12 13 14 15

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

Patterns in Three

COUNT 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3

16 17 18 19 20

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

1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3

21 22 23 24 25

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

Section Seven: Basic Patterns for the Bass, Slap and Accent Tone

Quarter Note Exercises

COUNT 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

26 27 28 29

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

30 31 32 33

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

34 35 36 37

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

Quarter and Eighth Note Exercises

COUNT 1 2 & 3 4 1 2 & 3 4 1 2 & 3 4 1 2 & 3 4

38 39 40 41

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

42 43 44 45

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

46 47 48 49

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

Patterns in Six

COUNT 1 2 3 4 5 6 1 2 3 4 5 6 1 2 3 4 5 6 1 2 3 4 5 6

50 R L R L R L 51 L R L R L R 52 R L L R L L 53 L R R L R R

54 R L R L R L 55 L R L R L R 56 R R R L L L 57 L L L R R R

58 R L R L R L 59 L R L R L R

60 R L R L R L 61 L R L R L R L R

62 R L R L R L 63 L R L R L R L R

64 R L R L R L 65 L R L R L R L R

Section Eight: Traditional Rhythms

The Rumba (Flamenco)

COUNT 1 & 2 & 3 & 4 &

Vari. 1

R L R L R L R L

The smaller notes in brackets are to be "ghosted" or played quietly.

Note- I accidentally played this at 2:36 into the Rumba lesson. A few students spotted this "mistake" so, we'll call it a happy accident and name it Variation 1.5. It only occurs one time, but here it is written out.

Vari. 1.5

R L R L R L R L

Vari. 2

R L R L R L R L

The Marinera

COUNT 1 2 & 3 4 5 6

Vari. 1

R R L R L R L

Vari. 2

R R L R L R L

Section Nine: Popular Music Rhythms

Rock Beats

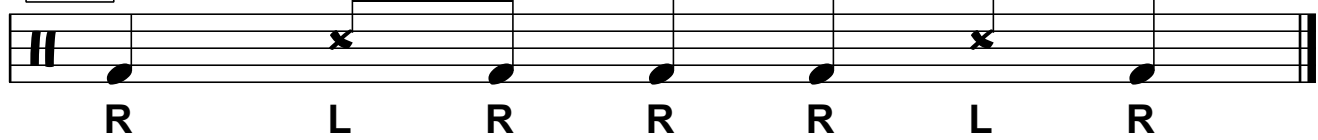
COUNT 1 2 3 & 4 &

Vari. 1



1 2 & 3 & 4 &

Vari. 2



Country or Roots Beats (also known as the "Train Groove")

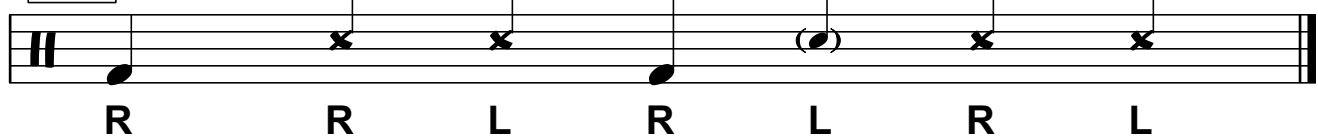
COUNT 1 & 2 & 3 & 4 &

Vari. 1



COUNT 1 2 & 3 & 4 &

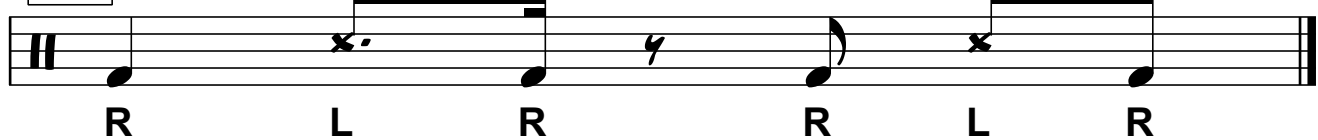
Vari. 2



Funk Beats

COUNT 1 2 & 3 & 4 &

Vari. 1



Funk Beats (the "Boogaloo")

COUNT 1 & 2 & ah 3 e & 4 ah

Vari. 2

