

# Conga Rhythms

**Key**

This is the notation key to be used with all of the following conga rhythms. The goal is to make each sound as distinctive as possible and to create an even, relaxed feel at all tempo's. These grooves are only a starting point. After they are mastered try to combine the elements of each style to create your own rhythms. It is recommended that you start slowly and make sure you are using the correct hand and tone. Repetition is the key to success and playing these grooves with recordings is very helpful. Finally it is extremely important to not play too hard (especially for beginners). Beating your hands to a pulp will only shorten your practice time and will not improve your sound.

These grooves are written for two and three drums. If you only own two drums just ignore the three drum variations. It is important that you follow the tempo guidelines for each style. Some of these grooves are not meant to be played very fast so don't become frustrated if you cannot do so. The use of a metronome is highly recommended when practicing.

## Preliminary Exercises

Here are some hand exercises that will be helpful in learning the heel-toe technique and other tones. They also make good warmups before a gig.

1 RLLRLLRLLRLL RLLRLLRLLRLL RLLRLLRLLRLL RLLRLLRLLRLL

2 RLLRLLRLLRLL RLLRLLRLLRLL RLLRLLRLLRLL RLLRLLRLLRLL

3 RLRRRLLRRLRR RLRRRLLRRLRR RLRRRLLRRLRR RLRRRLLRRLRR

4 LLRLLRLRLRLRR LLRLLRLRLRR LLRLLRLRLRR LLRLLRLRLRR

5 LLRRLRRRLRLRR LLRRLRRRLRR LLRRLRRRLRR LLRRLRRRLRR

6 RLRLRLRLRLRLRR RLRLRLRLRLRLRR RLRLRLRLRLRLRR