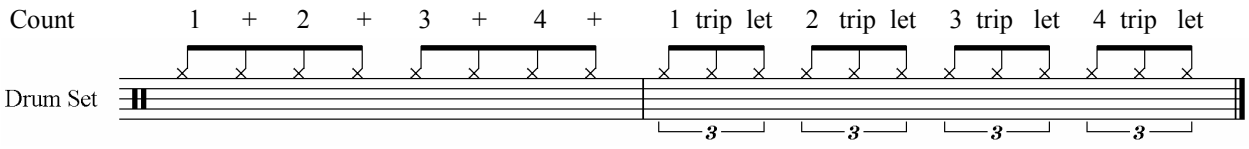
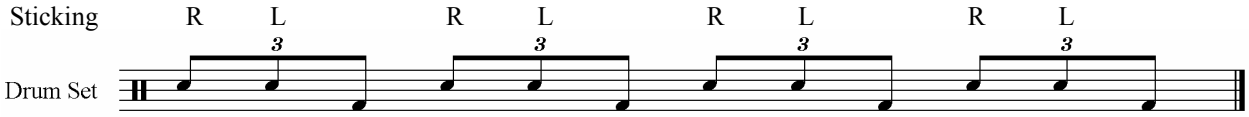
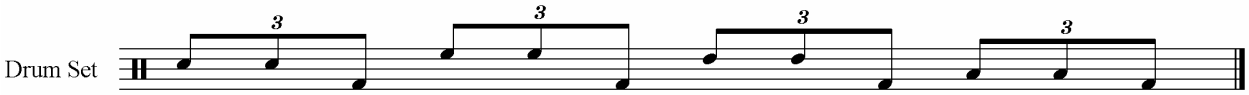
Lets start by defining the triplet. A triplet is defined as ‘three in the space of two’. Below is one bar or eighth notes, followed by one bar of eighth note triplets.



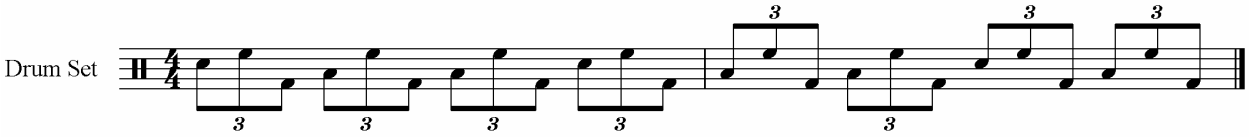
Now we break up the triplets between the hands and the feet. The first two beats of each triplet are played with the hands, and the third beat is played by the bass drum. This pattern is repeated throughout the bar:



One cool way of playing this is to play each group of triplets on a different drum, and take it clockwise around the kit:



This is Marks favorite orchestration, as demonstrated by J.Bonham:



Very tasty!

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