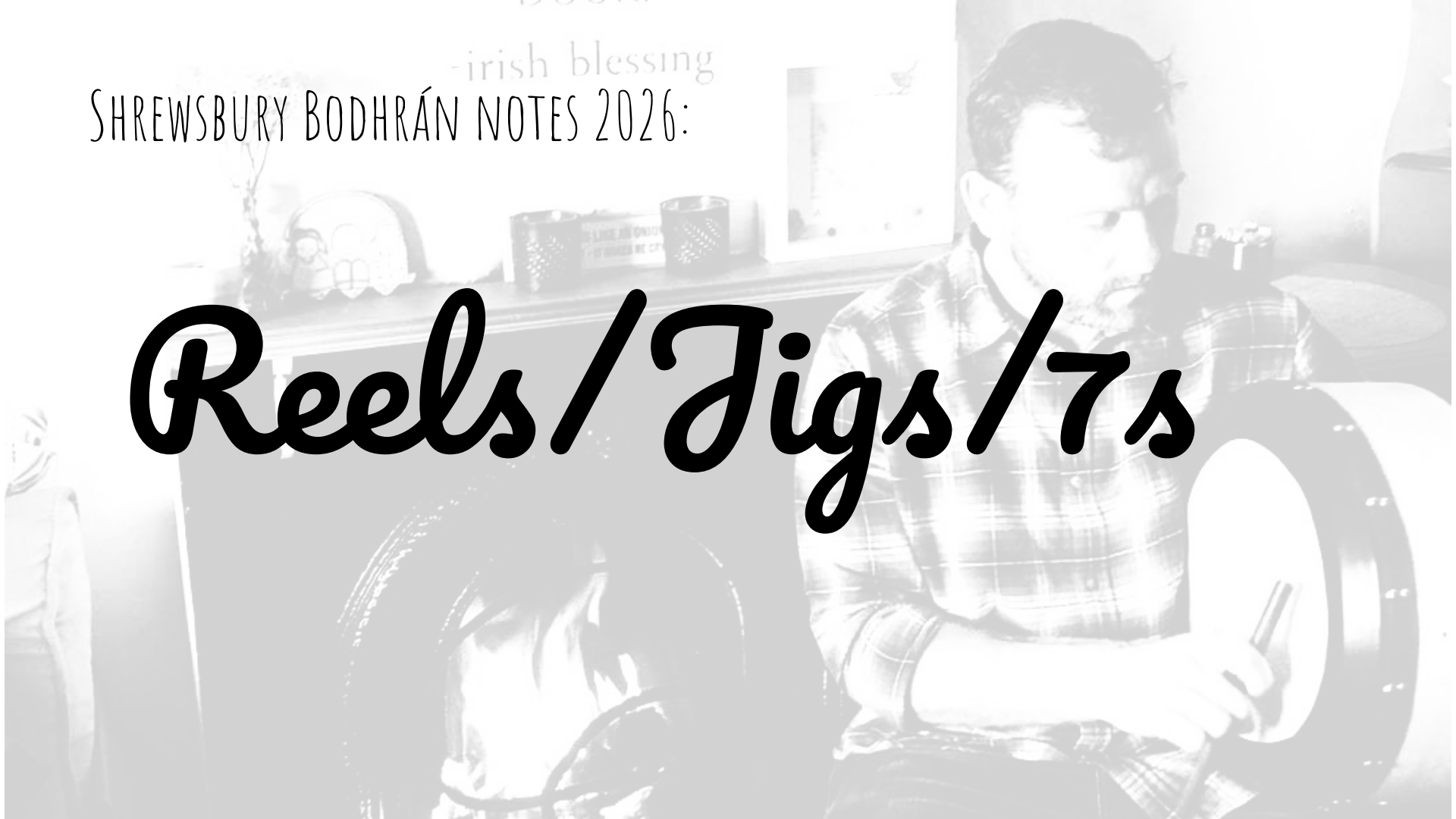


SHREWSBURY BODHRÁN NOTES 2026:

Reels/Figs/7s



Reels

AN INTRODUCTION TO *Reels*

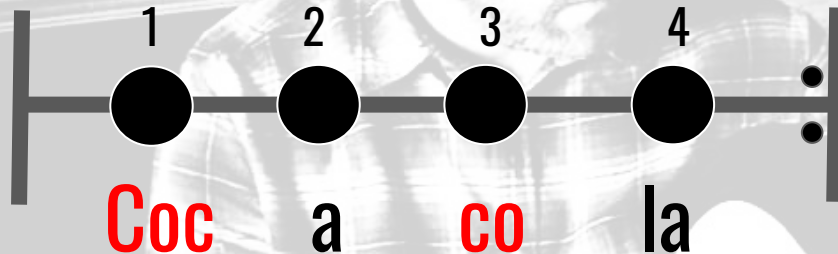
Say it:

“WA-TER-ME-LON”

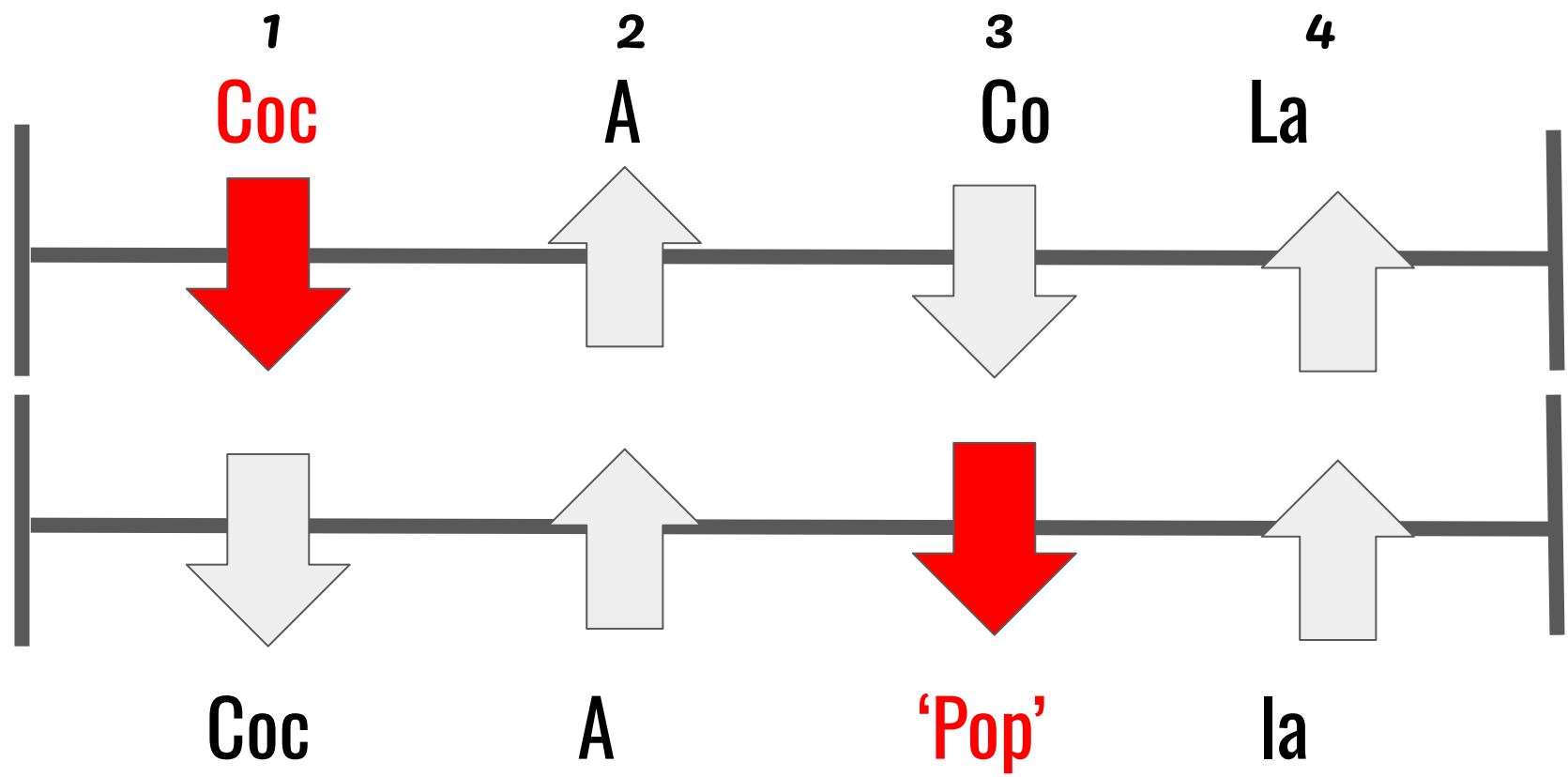
“PICC-A-DILL-Y”

“CO-CA-CO-LA”

Clap it:

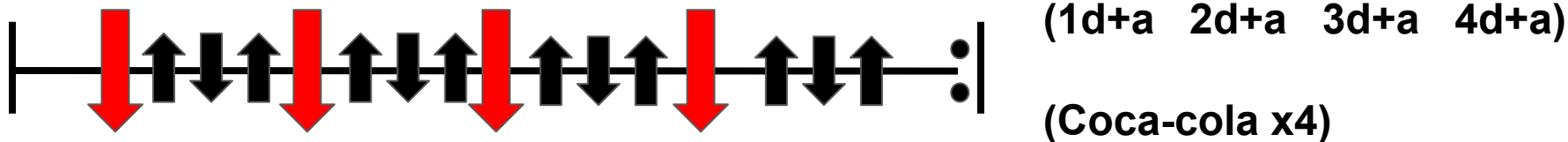
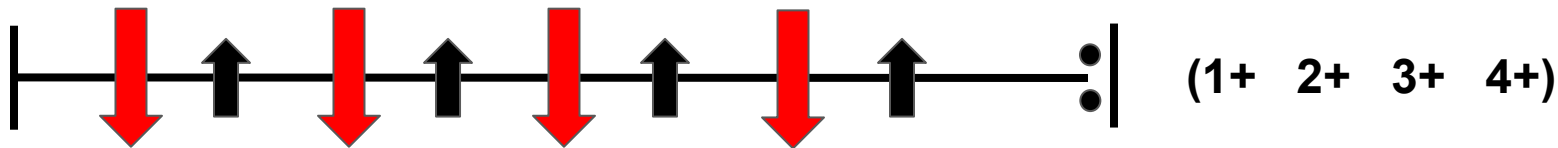
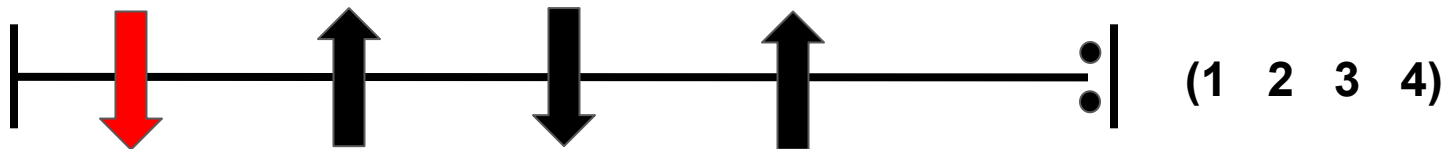


AN INTRODUCTION TO *Reels*

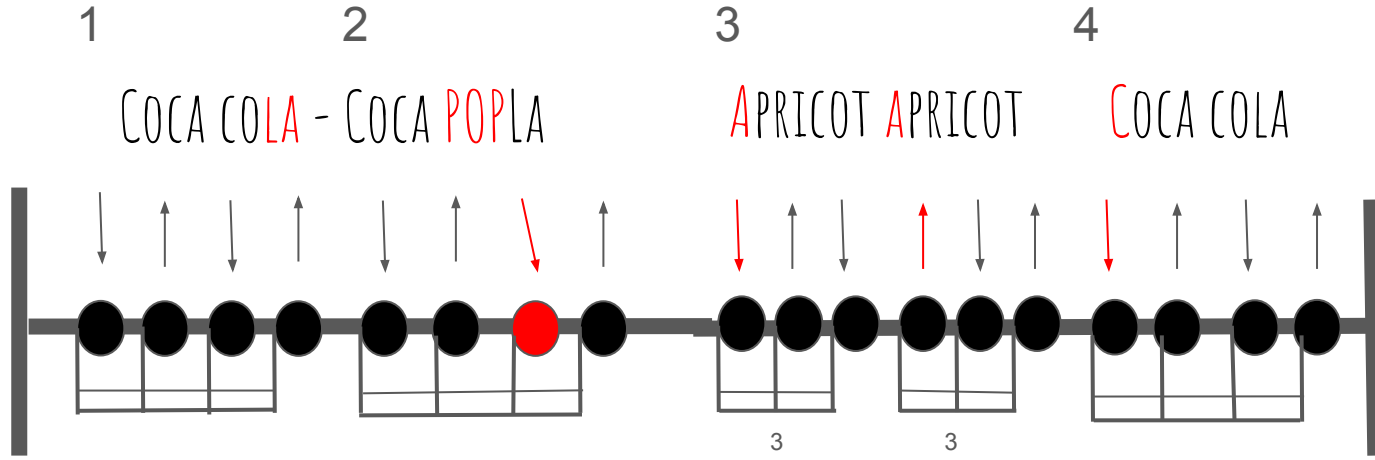


Challenge Time (Pop-Up 1)

Getting up to Speed- Use steady count/metronome



ADDING A ROLL/TRIPLET

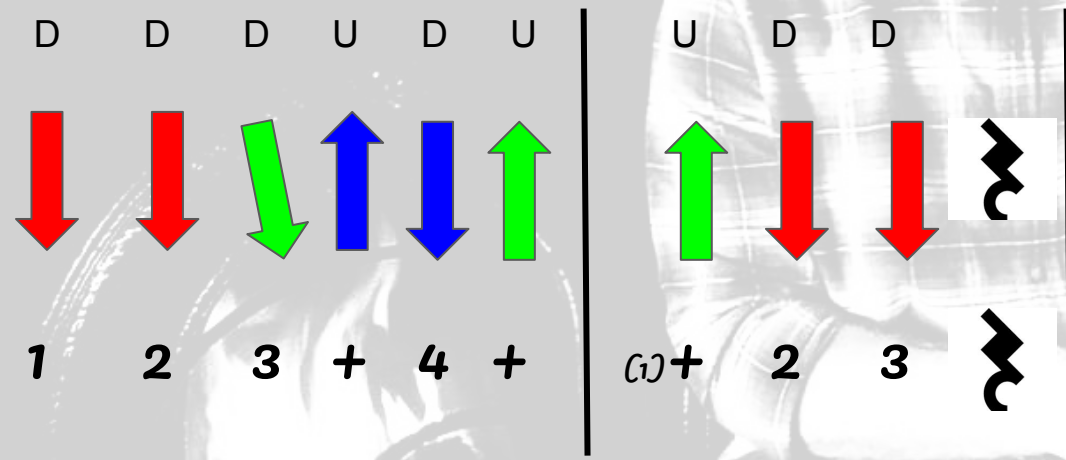


MOVING ON: *Reels*

-irish blessing

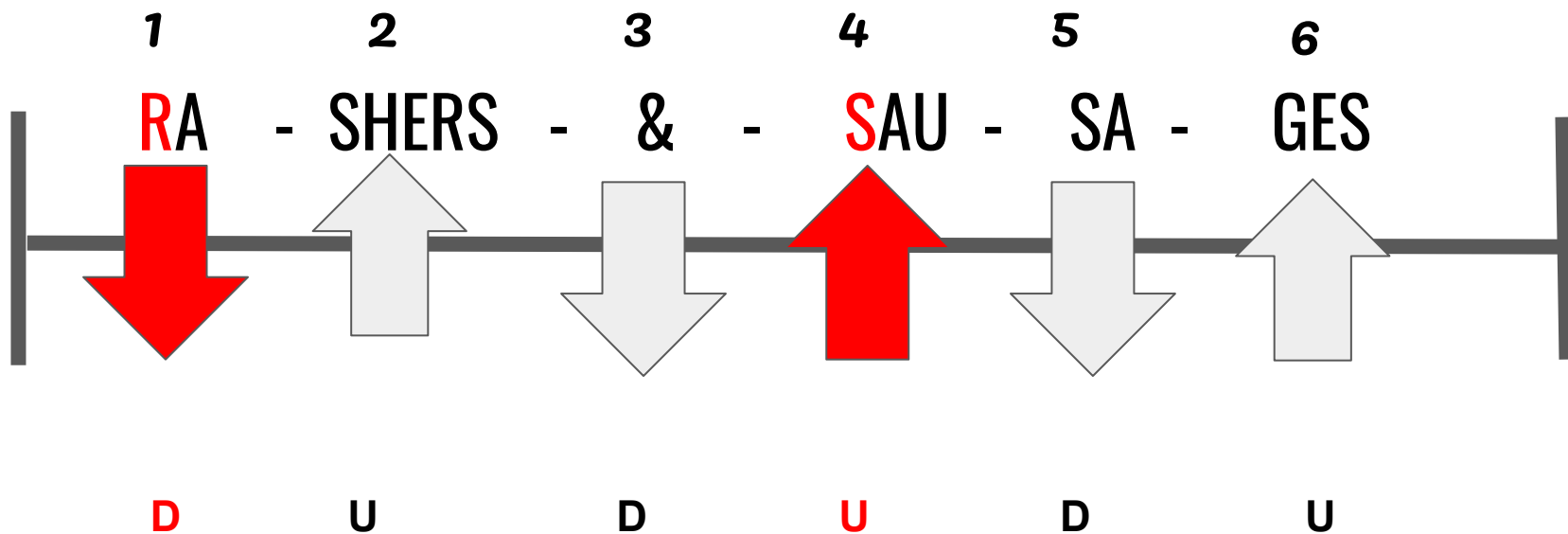
Moving On - Beat Progression

Modern Kit Style Beat

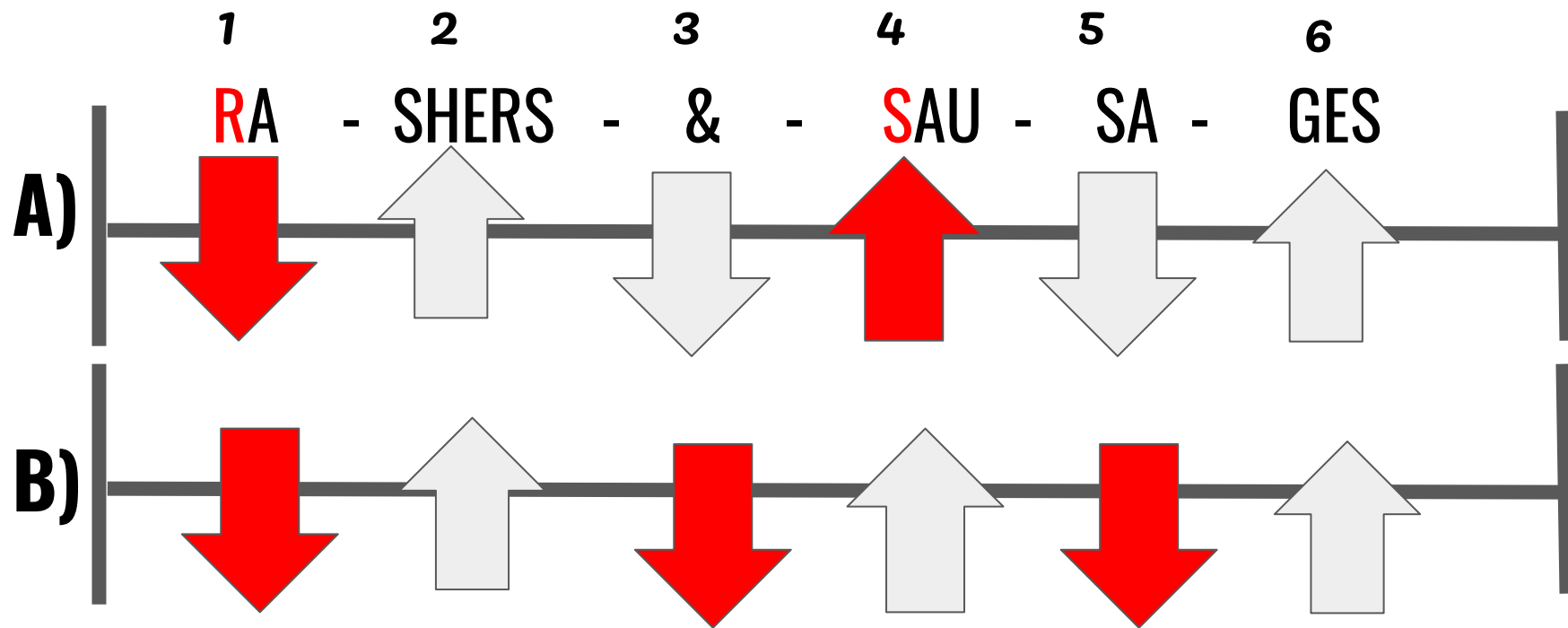


Jigs

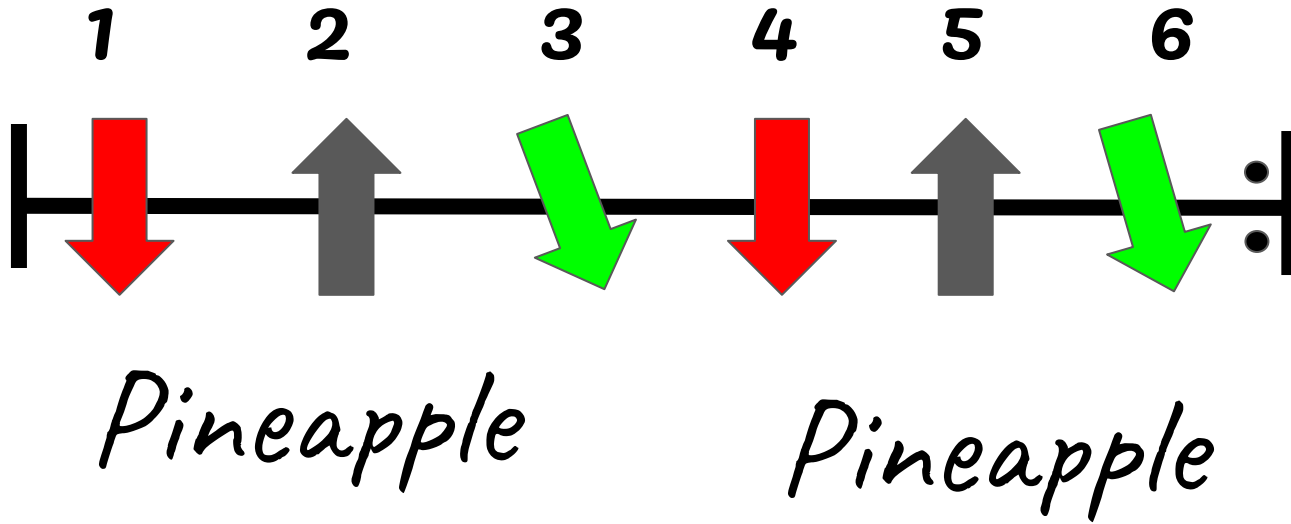
AN INTRODUCTION TO *Figs*



AN INTRODUCTION TO *Figs*

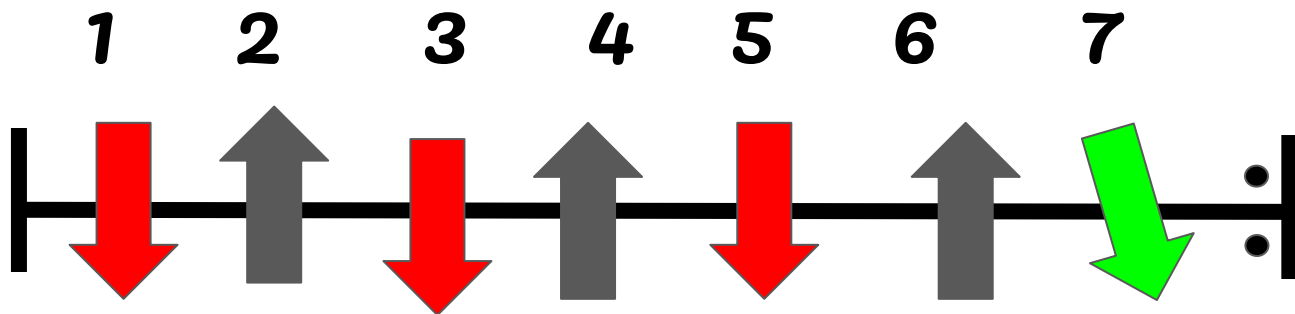


Double-Down Sticking



7/8

$$2 + 2 + 3 = 7$$



Apple Apple Apricot

D U

D U

D U TAP