





Echauffement:

Start	djembé						T	T	T	T	T	
	sangban	●	●	●		●	●			○	○	●
		x	x	x	x	x	x	x	x	x	x	x
	doundoun	●	●			●	●	●	●			●
		x	x	x	x	x	x	x	x	x	x	x

	djembé	T	T	S	S	S	S	S	S	T	T	S	S	S	S	S	S	S
	sangban	●			●	●	●	●		●		●		●	●	●		
		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
	doundoun	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x

Repeat		T	T	S	S	S	T	T	S	S	S	T	T	S	S	S	S	S
	sangban		●	●			●	●	●	●		●		●	●	●		
		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
	doundoun	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x

Ending	djembé	▼	ending the echauff.															
	sangban	●	●	●	●	●	●						○	○				
		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
	doundoun	●	●	●	●	●	●	●	●								●	●
		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x

Sources

Lessons: Martin Bernhard and Mamadou 'Delmundo' Keïta.

Written material: Åge Delbanco and Michael Wall, both learned it from Mambiba Baegne. Paul Janse and Marc Willems (as Konowoulen II) both learned from Ponda O Bryan, Rob den Brasem; West Afrikaanse en Cubaanse ritmes.