





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

Herhaal		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

Landing	djembé	▼	landing															
	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

Bronnen

Lessen van Martin Bernhard en Mamadou 'Delmundo' Keïta  
 Schriftelijke bronnen: Åge Delbanco en Michael Wall (beiden geleerd van  
 Mabimba Baagne o.a. intro en echauffement), Paul Janse en Mark Willems,  
 die dit leerde van Ponda O' Bryan als Konowoulen II.