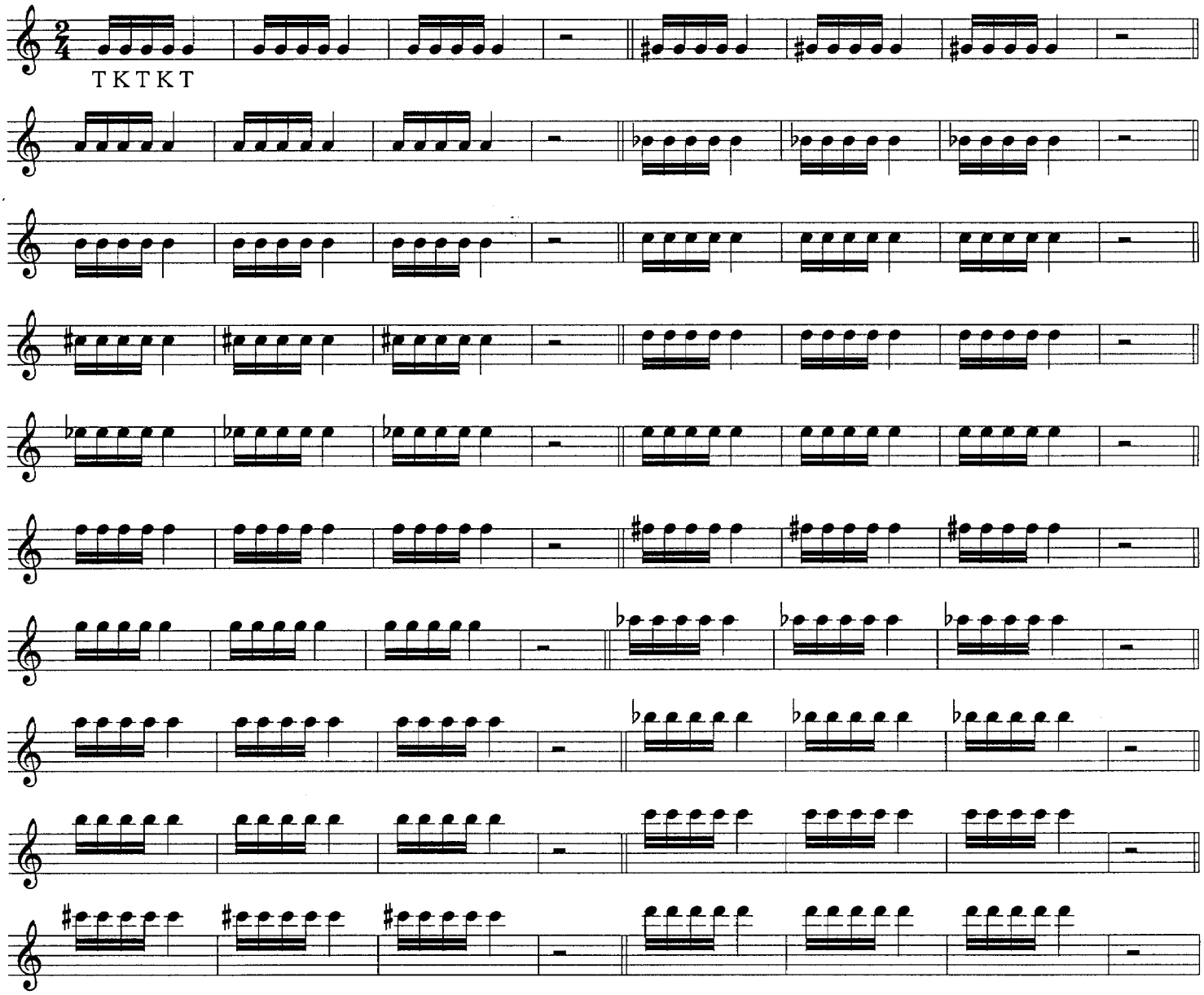
Simple TK

1. Use the metronome.
2. Make the K sound like the T.
3. Practice softly more often than loudly.

As you progress, lengthen to 3-beat and 4-beat patterns.