

DEVELOPING THE WEAKER STROKE

This section addresses the weaker stroke of doubles adding accents, while playing the ostinato.

1.



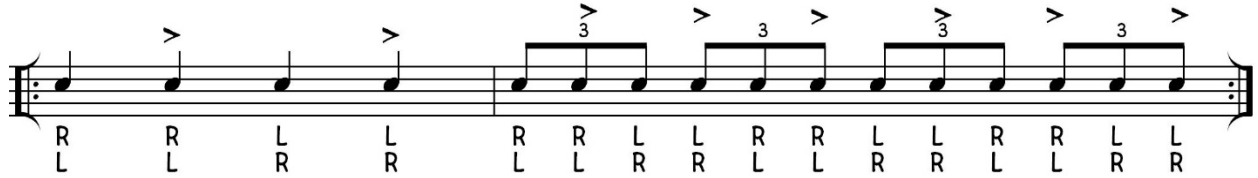
Musical notation for exercise 1, consisting of two measures. The first measure contains four quarter notes with accents (>) on the first and third notes. The second measure contains two groups of eighth notes with accents (>) on the first notes of each group. The rhythm is R R L L R R L L.

2.



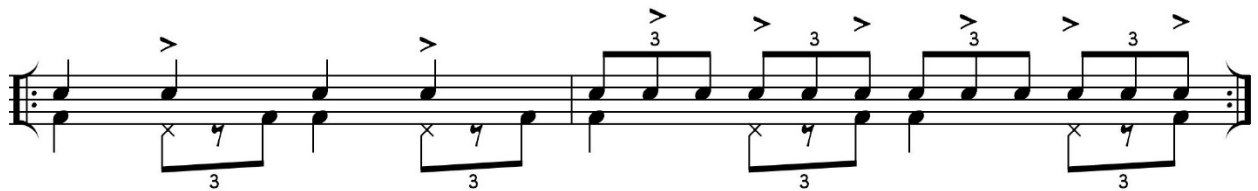
Musical notation for exercise 2, consisting of two measures. The first measure contains four quarter notes with accents (>) on the first and third notes. The second measure contains two groups of eighth notes with accents (>) on the first notes of each group. The rhythm is R R L L R R L L.

3.



Musical notation for exercise 3, consisting of two measures. The first measure contains four quarter notes with accents (>) on the first and third notes. The second measure contains two groups of eighth notes with accents (>) on the first notes of each group. The rhythm is R L R L R L R L.

4.



Musical notation for exercise 4, consisting of two measures. The first measure contains four quarter notes with accents (>) on the first and third notes. The second measure contains two groups of eighth notes with accents (>) on the first notes of each group. The rhythm is R L R L R L R L.

5.



Musical notation for exercise 5, consisting of two measures. The first measure contains four quarter notes with accents (>) on the first and third notes. The second measure contains two groups of eighth notes with accents (>) on the first notes of each group. The rhythm is R L R R L R L L R L.

6.



Musical notation for exercise 6, consisting of two measures. The first measure contains four quarter notes with accents (>) on the first and third notes. The second measure contains two groups of eighth notes with accents (>) on the first notes of each group. The rhythm is R L R R L R L L R L.

PARADIDDLES

In this section we will play paradiddles, double paradiddles, and paradiddle-diddles with the accompanying ostinatos. These first four exercises will use a combination of two paradiddle-diddles, followed by a single paradiddle & reverses the sticking for the second measure. When putting the hand exercises together with ostinatos, you may want to play the feet separately before adding the hands.0

1.

R L R R L L R L R R L L R L R R L R L L R R L R L L R R L R L L

1A. 

1B. 

1C. 

3.

RRRR R LLL R L RL R L R L LLLL L RRR L R LR L R L R



3A.

4.

R R L L R R R R L L R R L L R R L L L R R L L



4A.



4B.

In this tutti exercise, we start with simple quarter notes and increase the speed by moving to eighth notes, triplets and sixteenth notes in the hands using Snare & Low-tom. The bass drum & hi-hat are keeping basic time. Repeat several times.



1.

These next exercises will use a pattern from my 20 Minute Drill using two double paradiddle sets followed by a single paradiddle set. The only difference is the paradiddles are played with the feet, while the hands keep time. While working with one of my students, mentioned in *Acknowledgements*, we discovered that playing quarters with the cymbal & snare first made it easier to feel the snare on 2 and 4

7. 

(Cym)

7A. 

R.H.
L.H.

7B. 

L.H.
R.H.

Now we will do the same pattern with our feet while using 8th notes on the cymbal.

8. 

(Cym)
R.H.

SECTION IV



TARGET TEMPO ♩ = 108

3 3 3 3 3 3 3 3 10X

RRL RRL RRL RRL RRL RRL RRL RRL R

Segue

3 3 3 3 3 3 3 3

LLR LLR LLR LLR LLR LLR LLR LLR L

Segue

3 3 3 3 3 3 3 3 10X

RRL RRL RRL RRL RRL RRL RRL RRL R

sfz *ff*

Segue

3 3 3 3 3 3 3 3 10X

LLR LLR LLR LLR LLR LLR LLR LLR L

sfz *ff*

FINE