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Introduction

Cross-sticking is the term used for moving from one drum to another with one hand *crossing over* the other, as opposed to moving from drum to drum in the conventional manner. This technique has been used by many great players over the years, such as Buddy Rich, Joe Morello, and Louie Bellson, who dazzled audiences with exciting criss-crossing motions around the kit. In fact, drummers like these performed cross-sticking maneuvers with such speed and fluency, many drum students were left baffled by what was actually being played.

Cross-Sticking Studies was designed to take the mystery out of the concept. By following the series of progressive exercises laid out here, drummers who already possess a substantial level of solo skills—but who want to add a greater degree of rhythmic and visual interest to their solo work—will better understand the technique, and develop a good measure of facility on their own.

Cross-Sticking Studies is based on four cross-sticking maneuvers that are used consistently throughout this book:

- 1) SNARE DRUM TO FLOOR TOM with the left hand crossing over the right.
- 2) FLOOR TOM TO SNARE DRUM with the right hand crossing over the left.
- 3) SMALL TOM TO FLOOR TOM with the left hand crossing over the right.
- 4) FLOOR TOM TO SMALL TOM with the right hand crossing over the left.

All notes requiring a cross-sticking move (right over left, or left over right) are notated with a circled X: ⊗

Section 1 of this book presents exercises that incorporate all four cross-sticking maneuvers with 8th notes and 16th notes. Three different sticking patterns are used: Alternate Sticking, Double Sticking, and Single Paradiddles. Each part concludes with a series of two-bar combination patterns.

Section 2 utilizes six sticking patterns in an 8th-note-triplet format: Alternate Sticking, Double Paradiddle, RLL, LRR, RRL, and LLR. Each part is summarized with a series of two-bar combination patterns. Part 7 utilizes mixed-triplet stickings in two-bar combination patterns.

The four cross-sticking maneuvers, combined with the nine varied sticking patterns, offer hundreds of possibilities. Practicing them will greatly improve your cross-sticking technique, as well as your overall ability to move around the drumset with greater facility.

HOW TO PRACTICE THIS BOOK

- 1) Practice each exercise *slowly* at first. Increase the tempo only after each exercise can be played smoothly and accurately.
- 2) *Repeat* each exercise fifteen to twenty times before progressing to the next one.
- 3) Do not move on to the next exercise until the previous one has been *mastered*.
- 4) Though not notated, the bass drum should be played on beats 1, 2, 3, and 4 of every measure.
- 5) Practice with a metronome or drum machine, increasing the tempo *gradually* as your fluency with each exercise increases.
- 6) The guidance of a qualified instructor is always recommended.

The following abbreviations are used throughout this book:

SD = Snare Drum **ST** = Small Tom **FT** = Floor Tom

SECTION 1

PART 1: 8TH-NOTE PATTERNS USING ALTERNATE STICKING

Snare Drum To Floor Tom With Left Hand Crossing Over Right

1

ST
SD
FT

R L R L R L R L

2

R L R L R L R L

3

R L R L R L R L

4

R L R L R L R L

5

R L R L R L R L

6

R L R L R L R L

7

R L R L R L R L

8

R L R L R L R L

9

R L R L R L R L

10

R L R L R L R L

11

R L R L R L R L

12

R L R L R L R L

Snare Drum To Floor Tom (Left Hand Crossing Over Right) With Small Tom Added

1

ST
SD
FT

R L R L R L R L

2

R L R L R L R L

3

R L R L R L R L

4

R L R L R L R L

5

R L R L R L R L

6

R L R L R L R L

7

R L R L R L R L

8

R L R L R L R L

9

R L R L R L R L

10

R L R L R L R L

11

R L R L R L R L

12

R L R L R L R L

Floor Tom To Snare Drum With Right Hand Crossing Over Left

1

ST
SD
FT

R L R L R L R L

2

R L R L R L R L

3

R L R L R L R L

4

R L R L R L R L

5

R L R L R L R L

6

R L R L R L R L

7

R L R L R L R L

8

R L R L R L R L

9

R L R L R L R L

10

R L R L R L R L

11

R L R L R L R L

12

R L R L R L R L

Floor Tom To Snare Drum (Right Hand Crossing Over Left) With Small Tom Added

1

ST
SD
FT

R L R L R L R L

2

R L R L R L R L

3

R L R L R L R L

4

R L R L R L R L

5

R L R L R L R L

6

R L R L R L R L

7

R L R L R L R L

8

R L R L R L R L

9

R L R L R L R L

10

R L R L R L R L

Small Tom To Floor Tom With Left Hand Crossing Over Right

1

R L R L R L R L

2

R L R L R L R L

3

R L R L R L R L

4

R L R L R L R L

5

R L R L R L R L

6

R L R L R L R L

7

R L R L R L R L

8

R L R L R L R L

9

R L R L R L R L

10

R L R L R L R L

11

R L R L R L R L

12

R L R L R L R L