

Foreword5

1 WARMIN' UP

16th Note Warm-Ups7

1. RH backbeat
2. RH double strike backbeat
3. RH pick-up double strike backbeat
4. RH downbeat
5. RH double strike downbeat
6. RH double strike three pulse
7. RH downbeat crossover
8. LH backbeat
9. LH double strike backbeat
10. LH pick-up double strike backbeat
11. LH downbeat
12. LH double strike downbeat
13. LH double strike three pulse "Fair-And-Square"

Triplet Warm-Ups11

1. RH backbeat
2. RH double strike backbeat
3. RH pick-up double strike backbeat
4. RH downbeat
5. RH double strike backbeat
6. Accents on five
7. LH backbeat
8. LH double strike backbeat
9. LH double strike pick-up backbeat "Triangular Mark"
10. LH downbeat
11. LH double strike downbeat

2 CROSS STICKING

Crossovers16

1. 8th note crossovers A
2. 8th note crossovers B
3. 8th note crossovers C
4. 8th note crossovers D "Joy Sweep"
5. Double stroke crossover
6. Triplet crossover A
7. Triplet crossover B
8. Displaced double stroke triplets A
9. Displaced double stroke triplets B
10. Paratriplets to 16th note paradiddle

3 MIXED STICKING AND FILLS

<u>Two Strokes</u>	19
1. Double stroke triplets to paratriplets for snare/pad	
2. Displaced double stroke 16th notes	
3. RH displaced double stroke beat A	
4. RH displaced double stroke beat B	
5. LH displaced double stroke beat	
6. Split double stroke triplets A	
7. Split double stroke triplets B	
8. Displaced double stroke triplets "Ectoper"	
9. Beat to displaced double stroke fill and high hat embellishment	
10. Beat to LH seven stroke rolls	
<u>Drags, Diddles & A Rat</u>	21
1. RH paradiddle-diddle for snare/pad	
2. Beat to RH paradiddle-diddles	
3. Diddle combination	
4. Paradiddle-diddles, paradiddle	
5. Double ratamacues "Disclosure"	
6. Double drag paradiddle	
7. Beat to RH paradiddle-taps, paradiddle-diddle fill (5-5-6) "Razor Step"	
8. Beat to LH paradiddle-diddle	
9. LH paradiddle, RH paradiddle-tap, RH double paradiddle-tap fill to beat (4-5-7) "Fuse"	
10. Beat to LH paradiddle-tap fills	
11. Double drag crossover	
<u>Flamacuing</u>	23
1. LH flamacues to flam-taps for snare/pad	
2. RH flamacues to flam for snare/pad	
3. LH flamacues as snare embellishment to beat A	
4. LH flamacues as snare embellishment to beat B	
5. RH flamacues as open handed beat A "Stripling"	
6. RH flamacues as open handed beat B	
7. RH flamacues as open handed beat C	
8. RH flamacues as open handed beat D	

4 BEATS

Snare Effects25

1. & one & snare exercise
2. & two & snare exercise
3. One & two snare exercise
4. Backbeat fading 8th note dub snare “Sire”
- 5a Triplet snare practice
- 5b Triplet fading dub snare
- 6a Late triplet snare practice
- 6b Late triplet fading dub snare “Delateful”
- 7a Backbeat triplet dub snare practice
- 7b Backbeat fading triplet dub snare “Tranquillo”

Hat Switch27

1. LH Triplet open hand beat “Joie de vivre”
2. RH/LH Island beat “Island Trade”
3. Open hand rock beat and fill

Agro Three Pulse28

1. LH Leading Snare Beat/Fills “Agro Zouk”
2. Flam-tap maniac beat

Kit Kadences29

1. Lacuna
2. Blood Clout
3. Up The Latter
4. Murda E
5. Stall
6. Nonce (w/Squad end)
7. Runna
8. Dyad
9. Elevation
10. Latitude
11. Breadth
12. Cragged
13. Burser
14. Inna Cup
15. Scent Squad

5 FEAR

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FEAR at Damax practice space, Van Nuys CA circa 1984.

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PART 1 - WARMIN' UP


The warmups in this book are good for doing exactly that.

They are a good starting place and a simple way to get your body moving.


Drink some of water before you begin so your joints get lubricated.

As you speed up the left hand 16th note exercises, play eight notes on the kick during the faster parts. This puts your right hand opposite of your kick drum.


16th Note Warm-Ups

1 
R L R L R L R L R L R L etc.




2 
R L R L R L R L R L R L etc.



3 
R L R L R L R L R L R L etc.



4 
R L R L R L R L R L R L etc.

16th Note Warm-Ups

5

R L R L R L R L R L R L etc.

6

R L R L R L R L R L R L etc.

7

x=crossovers

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

Triplet Warm-Ups

Musical notation for the first section of Triplet Warm-Ups. It consists of two staves. The first staff contains eight groups of triplets, each marked with a bracket and the number '3'. The second staff contains a sequence of single notes, each marked with a square below it, corresponding to the notes in the triplets above.

Triangular Mark

9

Musical notation for the second section of Triplet Warm-Ups, starting with a large number '9'. It consists of two staves. The first staff contains four groups of triplets, each marked with a bracket and the number '3'. Below the notes are the letters 'L' and 'R' alternating in a sequence: L R L R L R L R L R L R L R etc. The second staff contains a sequence of single notes, each marked with a square below it, corresponding to the notes in the triplets above.

Musical notation for the first staff of the second section of Triplet Warm-Ups, showing four groups of triplets marked with a bracket and the number '3'.

Musical notation for the second staff of the second section of Triplet Warm-Ups, showing a sequence of single notes with squares below them.

Musical notation for the third staff of the second section of Triplet Warm-Ups, showing a sequence of single notes with squares below them.

10

Musical notation for the third section of Triplet Warm-Ups, starting with a large number '10'. It consists of two staves. The first staff contains four groups of triplets, each marked with a bracket and the number '3'. Below the notes are the letters 'L' and 'R' alternating in a sequence: L R L R L R L R L R L R L R etc. The second staff contains a sequence of single notes, each marked with a square below it, corresponding to the notes in the triplets above.

Musical notation for the first staff of the third section of Triplet Warm-Ups, showing four groups of triplets marked with a bracket and the number '3'.