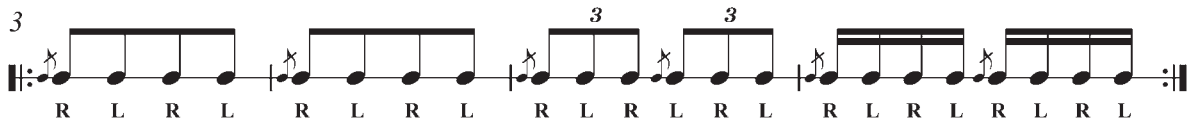
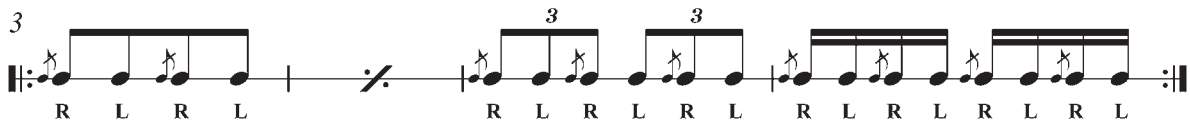



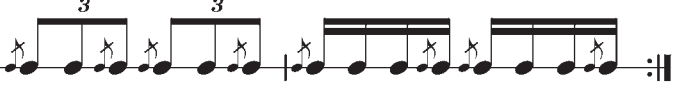
FLAMS WITH 8th NOTES, TRIPLETS & 16th NOTES

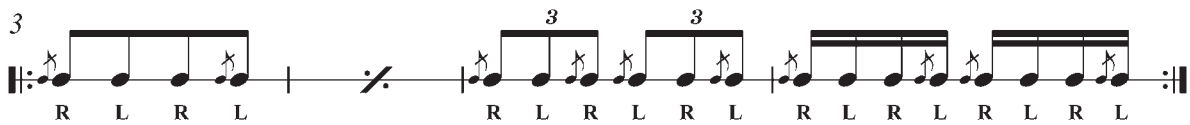
1  2 


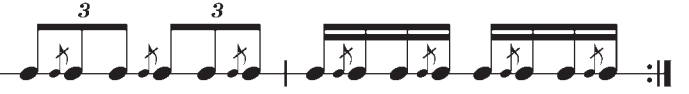
3 

1  2 



3 

1  2 

3 

1  2 

3 

1  2 

3 

FLAMS WITH 8th NOTES, TRIPLETS & 16th NOTES USING DOUBLE STROKES

1 2 3 4

5 6 7

8 9

10

11

12 13

14 15

16

17

18

FLAMS WITH SINGLE PARADIDDLES USING 8th NOTES & TRIPLETS

1

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

2

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

3

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

4

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

5

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

6

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

7

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

8

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

9

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

10

7/4 R L R R L R L L $\overbrace{R L R R}^3$ $\overbrace{L R L L}^3$:||

The following exercises are all open drags written in the following abbreviated form with an extra slash across the stem of a 16th note as follows:

As written	As played	As written	As played

OPEN DRAGS WITH 16th NOTES ALTERNATING HANDS (SINGLE STROKES)

1 	2 	3
-------	-------	-------

4 	5 	6
-------	-------	-------

7 	8 	9
-------	-------	-------

10 	11 	12
--------	--------	--------

13 	14 	15
--------	--------	--------

16 	17 	18
--------	--------	--------

FLAMS & DRAGS

1 2 3

4 5 6

7 8 9

10 11 12

13 14

15 16 17

18 19 20




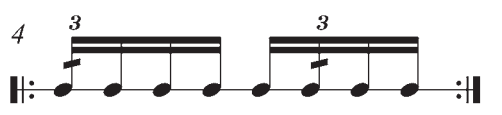
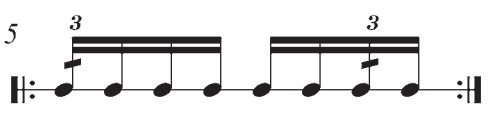

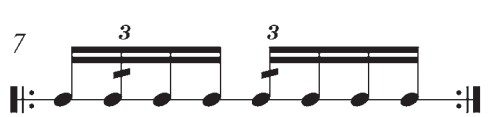



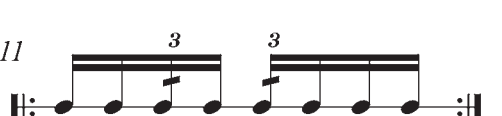




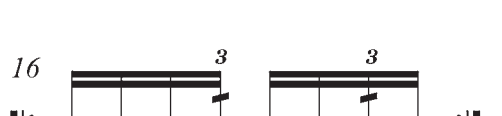
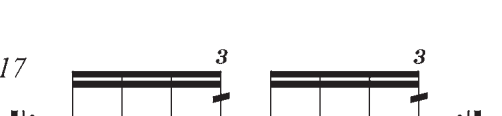

21 22

23

Like the drag, the following exercises are all open ruffs written in the following abbreviated form with an extra slash across the stem of a 16th note. This time, however, the grace notes are played as 32nd note triplets rather than just 32nd notes.

As written	As played	As written	As played
			
R L R L	R L R L R L	R L R L	R L R L R L

OPEN RUFFS WITH 16th NOTES ALTERNATING HANDS (SINGLE STROKES)

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
13  R L R L R L R L	14  R L R L R L R L	15  R L R L R L R L
16  R L R L R L R L	17  R L R L R L R L	18  R L R L R L R L