

THE RUDIMENTS

THE SINGLE STROKE ROLL

SAY IT / COUNT IT → 1 E + A 2 E + A 3 E + A 4 E + A

PLAY IT / HIT IT →

STICK IT / STICKING PATTERN
R = RIGHT HAND L = LEFT HAND

SAY IT LIKE THIS - ONE, EE, AND, DUH

THE DOUBLE STROKE ROLL

THE STAVE →

PERCUSSION CLEF →

BAR LINES →

1 E + A 2 E + A 3 E + A 4 E + A

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

THE PARADIDDLE

1 E + A 2 E + A 3 E + A 4 E + A

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

NOW LET'S BLEND ALL THREE RUDIMENTS TOGETHER TO CREATE A CONTINUOUS LOOP OF SINGLES DOUBLES AND PARADIDDLES.
SET A METRONOME OR A MUSICAL LOOP AT 80 BPM. GET THAT SOUNDING TIGHT AND SMOOTH, THEN GENTLY INCREASE THE TEMPO
OVER TIME.

SINGLES RLRL RLRL RLRL RLRL

DOUBLES RRL L RRL L RRL L RRL L

PARADIDDLES RLRR LRL L RLRR LRL L