

# RUDIMENTS INCORPORATING FOOT WORK

R = RIGHT HAND

L = LEFT HAND

B+ BASS DRUM

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

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

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

BASS DRUM

THE RUDIMENTS ABOVE REFERRED TO AS SINGLES, DOUBLES AND PARADIDDLES ARE INTENDED TO BE PLAYED REPEATEDLY, ROUND AND ROUND ONE AFTER THE OTHER. INCORPORATE THE RIGHT FOOT ON THE BASS DRUM, THIS ACCENTUATES THE PULSE. IF YOU ARE PRACTISING ON A DRUM PAD YOU CAN KEEP THE TEMPO/ PULSE GOING BY TAPPING THE FLOOR WITH YOUR RIGHT FOOT, LEFT FOOT OR BOTH AT THE SAME TIME. MAKE SURE YOU ARE CONNECTING THE FEET WITH THE HANDS ON THE FIRST HIT OF EVERY 4 NOTES AS WRITTEN ABOVE. THIS WILL ENSURE YOUR A CREATING A TIGHT SOUND WHILST IMPROVING YOUR TIMING AND ESTABLISHING THE FOUNDATION FOR SOLOING IN 4/4 TIME.

CONTINUE TO SAY OUT LOUD OR IN YOUR HEAD AS YOU PLAY THIS EXERCISE:

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