

Exercises for 4 Count Long Tone Warm-ups

Mallets can:
 Roll each whole note
 Play in quarters, 8ths, triplets, or 16ths w/single sticking
 Play as quarter or 8th notes in octaves



STICK CONTROL EXERCISES

Var. 1

Snare
 Single Strokes Double Strokes cont...

Mallets
 Single Strokes Double Strokes cont...

RLRLRLRL RRLRLRL RRLRLRL RRLRLRL RLRLRLRL RRLRLRL RLRLRLRL RRLRLRL R

RLRLRLRL RRLRLRL RLRLRLRL RRLRLRL RLRLRLRL RRLRLRL RLRLRLRL RRLRLRL R

Var. 2

Singles Paradiddles cont...

Singles Paradiddles cont...

RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL R

RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL R

Var. 3

Singles Doubles Singles Paradiddles cont...

Singles Doubles Singles Paradiddles cont...

RLRLRLRL RRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RRLRLRL RLRLRLRL RLRLRLRL R

RLRLRLRL RRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RRLRLRL RLRLRLRL RLRLRLRL R

Var. 4

Singles Doubles Singles Paradiddles Singles 3 Right, 1 Left Singles 1 Right, 3 Left

Singles Doubles Singles Paradiddles Singles 3 Right, 1 Left Singles 1 Right, 3 Left

RLRLRLRL RRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RRLRLRL RLRLRLRL RLLRLRL R

RLRLRLRL RRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL RRLRLRL RLRLRLRL RLLRLRL R

Advanced Stick Control

Single Strokes Double Strokes Paradiddles 3 RH, 1 LH

1 RH, 3 LH* 4's (Starting with 3 RH) 4's (Starting with 1 RH)

RLRLRLRLRLRLRLRL RRLRLRLRLRLRLRL RLRLRLRLRLRLRLRL RRLRLRLRLRLRLRL

RLRLRLRLRLRLRLRL RRLRLRLRLRLRLRL RLRLRLRLRLRLRLRL RRLRLRLRLRLRLRL

RLLRLRLRLRLRLRL RRLRLRLRLRLRLRL RLRLRLRLRLRLRLRL RRLRLRLRLRLRLRL

RLLRLRLRLRLRLRL RRLRLRLRLRLRLRL RLRLRLRLRLRLRLRL RRLRLRLRLRLRLRL

Accent and Tap Exercises

Play 1x for 2 count long tones, Take repeat for 4 count long tones

Accent-Tap 1 (Bucks) - DS = Downstroke, DT = Downtap, UT = Uptap

DS UT DS UT DS UT DS DT UT DS UT DS UT DS UT DS sim...

R r R r R r R r r R r R r R r R L l L l L l L l l L l L l L l L R

Accent-Tap 2

DS DT UT DS DT UT DS DT sim...

R r r R r r R r L l l L l l L l R r r R r r R r L l l L l l L l R

Roving Accents in 8th Notes

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

Roving Accents in Triplets

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 R l r l R l r L R

Roving Accents in Triplets Single-Hand Variation

RH only 1st time through, LH only 2nd time through

R... L... R... L... R

Roving Accents in 16th Notes

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 r l r L r l r L r l r L r l r L R

9-stroke Rolls

1 2 3 4 5 6 7 8 9 1 2 3 4 5 6 7 8 9 1 e & ah 2 3 e & ah 4

r r l l r r l l R l l r r l l r l L r r l l r r l l R r r l l r l l R

1.

R r l r l R r l r l R rr ll rr ll R rllrll R sim... R

Also play w/LH lead

2.

r l r l R r l r l R rr ll rr ll R rllrll R sim... R

Also play w/LH lead

Single Paradiddles

R l r r L R l r r L L r l l R L r l l R R l r r L L r l l R R l r r L r l l R l r r L r l l R

Double Paradiddles

R l r l r r L R l r l r r L L r l r l l R L r l r l l R

R l r l r r L L r l r l l R R l r l r r L r l r l l R l r l r r L r l r l l R

Paradiddle-diddles

R l r r l l R R l r r l l R L r l l r r L L r l l r r L

R l r r l l R L r l l r r L R l r r l l R l r r l l L r l l r r L r l l r r R

Flams

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

Flam Accents

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 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

Flam Taps

R r L l R r L l R r L l R r L l R r L l R r L l R r L l R r L l R

Ruffs/Drags

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

Ruffs/Drags 2

R r R r R r R r L l L l L l L l R r R r L l L l R r L l R r L l R

Ruffs/Drags 3

R l r R l r R l r R l r L r l L r l L r l L r l R l r R l r L r l L r l R l r L r l R l r L r l R

Ruffs/Drags 4 (Ratamacues)

r l r L r l r L r l r L r l r L l r l R l r l R l r l R l r l R

r l r L r l r L l r l R l r l R r l r L l r l R l r l R

Ruffs/Drags 5 (Off-beat Ratamacues)

R l r l R l r l R l r l R l r l L r l r L r l r L r l r L r l r

R l r l R l r l L r l r L r l r R l r l L r l r

Accented Duple Timing Patterns in 16th Notes

Play each pattern in this form:

Check

Pattern

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 R L r L R L R L R

1.

r L R L r L R L r L R L r L R L

2.

R l R L R l R L R l R L R l R L

3.

R L r L R L r L R L r L R L r L

4.

R L R l R L R l R L R l R L R l

5.

R L r l R L r l R L r l R L r l

6.

r l R L r l R L r l R L r l R L

7.

R l r L R l r L R l r L R l r L

8.

r L R l r L R l r L R l r L R l

9.

r L r L r L r L r L r L r L

10.

R l R l R l R l R l R l R l R l

11.

r L r l r L r l r L r l r L r l

12.

r l R l r l R l r l R l r l R l

13.

r l r L r l r L r l r L r l r L

14.

R l r l R l r l R l r l R l r l

Accented Triple Timing Patterns

Play each pattern in this form:

Check **Pattern**

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

1.

r L R l R L r L R l R L

r L R l R L r L R l R L

3.

R l R L r L R l R L r L

4.

r L r l R l r L r l R l

5.

r l R l r L r l R l r L

6.

R l r L r l R l r L r l

7.

R l R l R l R l R l

8.

r L r L r L r L r L

9.

R l R l R l r L r L r L

10.

r L r L r L R l R l R l

11.

R l r l R l r l R l r l