

5 Steps to Full Strokes

Step 1

R stop R stop R stop R stop R stop R stop etc
↓↑ ↓↑ ↓↑ ↓↑ ↓↑ ↓↑

Try to allow the stick to rebound back into the up position.
Hold the stick stationary in the up position between each stroke.

then...

L stop L stop L stop L stop L stop L stop etc
↓↑ ↓↑ ↓↑ ↓↑ ↓↑ ↓↑

Step 2

R stop L stop R stop L stop R stop L stop etc
↓↑ ↓↑ ↓↑ ↓↑ ↓↑ ↓↑

Hold the stick stationary in the up position between each stroke

Step 3

R R R R R R R R R R R R etc

As soon as the stick reaches the up position, play the next stroke.
Keep the stick in continuous motion.

then...

L L L L L L L L L L L L etc

Step 4

Start with 8 strokes on each hand. Then 7, 6, 5, 4, 3, 2, and then...

Step 5

R L R L R L R L R L R L etc

**Keep the sticks in continuous motion
allowing each stroke to rebound back into the up position.**

Stick Control Exercises

Single strokes RLRLRLRL

Double Strokes RR LL RR LL

Triple strokes RRR LLL RRR LLL

Try playing groups of 4, 5, 6, 7, and 8 strokes on each hand.

When learning and memorising new sticking patterns use the following steps:

step 1 — read, say aloud, and play

step 2— say aloud, and play

step 3 — play!

Some other combinations...

1. RRRL RRRL

2. LLLR LLLR

3. LRRR LRRR

4. RLLL RLLL

Single Paradiddle RLRR LRLR

Double Paradiddle RLRLRR LRLR LL

Triple Paradiddle RLRLRLRR LRLRLRL

Single Paradiddle-diddle

1. RLRRLL RLRRLL

2. LRLRRR LRLRRR

3. LLRLRR LLRLRR

4. RRLRLL RRLRLL

5. RLLRLL RLLRLL

6. LLRRLL LLRRLL

Single Paradiddle Variations

1. RRLR LLRL

2. RLLR LRRR

3. RLRL LRLR

Try to play all exercises 20 times without a mistake