

# Checkpoint 1

- I can demonstrate German and French Grip
- I can show Rebound Strokes in both hands
- I can play rebound strokes along with the metronome
- I can play eighth notes along with the metronome at tempos between 60 bpm to 120 bpm
- I can move smoothly between singles strokes and double strokes keeping a consistent sound and rhythm
- I can play a single paradiddle with even sounding strokes
- I can move smoothly between single strokes, double strokes and a single paradiddle at 120bp

Bronze Medal

# Hand Warm Up's

Try to make every stroke sound the same - even volume - even rhythm  
 Practice along with a metronome  
 Start slowly and see how fast you can play while still keeping every note even

**Hand Warm Up 1** - Loop just your single strokes and double strokes

**Hand Warm Up 2** - Add the single paradiddle to your loop

As you get faster, try play each line twice before swapping to the next line

♩ = 120 Bronze

♩ = 160 Silver

♩ = 200 Gold

♩ = 280 Ludicrous Speed

## Single Strokes

Musical notation for Single Strokes. The staff shows a sequence of 8 groups of four eighth notes. Above the staff are numbers 1 through 8. Below the staff are the corresponding stroke patterns: 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.

## Double Strokes

Musical notation for Double Strokes. The staff shows a sequence of 4 groups of four eighth notes. Above the staff are numbers 1 through 4. Below the staff are the corresponding stroke patterns: R R L L, R R L L, R R L L, R R L L.

## Single Paradiddle

Musical notation for Single Paradiddle. The staff shows a sequence of 4 groups of four eighth notes. Above the staff are numbers 1 through 4. Below the staff are the corresponding stroke patterns: R L R R, L R L L, R L R R, L R L L.

# Paradiddles

**Hand Warm Up 3** - Loop the single, double and triple paradiddles

Play the double and triple paradiddle twice so that each patterns is played two times in the loop

## Single Paradiddle

Musical notation for Single Paradiddle with lyrics. The staff shows a sequence of 4 groups of four eighth notes. Above the staff are numbers 1 through 4 and the lyrics: par - a - did - dle. Below the staff are the corresponding stroke patterns: R L R R, L R L L, R L R R, L R L L.

## Double Paradiddle

Musical notation for Double Paradiddle with lyrics. The staff shows a sequence of 6 groups of four eighth notes. Above the staff are numbers 1 through 3 and plus signs, and the lyrics: dou - ble, par - a - did - dle. Below the staff are the corresponding stroke patterns: R L R R, L R L L, R L R R, L R L L.

## Triple Paradiddle

Musical notation for Triple Paradiddle with lyrics. The staff shows a sequence of 4 groups of four eighth notes. Above the staff are numbers 1 through 3 and plus signs, and the lyrics: dou - ble. Below the staff are the corresponding stroke patterns: R L R R, L R L L, R L R R, L R L L.