

# 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 LRLRLRLL

**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**