

by John Rudolph

Paradiddle Patterns

downstroke ↓
upstroke ↑
taps ●

Also practice full strokes: Start & finish at same height

Play paradiddle patterns with flam paradiddles

4

Add Rolls

5

Open and Closed

7

(13 stroke roll)

8

Bounces:
(4, 5, & 6)

9

10

11

12

More Flams:

$$\begin{array}{cccccccc}
1. & \text{L}_R & \text{R}_L & \text{L}_R & \text{R}_L & \text{L}_R & \text{R}_L & \text{L}_R \\
2. & \text{L}_R & \text{L}_R & \text{L}_R & \text{L}_R & & & \\
3. & \text{R}_L & \text{R}_L & \text{R}_L & \text{R}_L & & & \\
4. & \text{L}_R & \text{R}_L & \text{L}_R & \text{L}_R & \text{R}_L & \text{L}_R & \text{R}_L
\end{array}$$

"Paradiddles"

13

"Swiss Triplets"

14

15

Roll exercises:

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