

Exercises for the Hands

A

1 2 3 4 1 2 3 4
R R R R R R R R

B

1 2 3 4 1 2 3 4
L L L L L L L L

C

R R R R L L L L

D

L L L L R R R R

E

1 2 3 1 2 3
R R R L L L

F

1 2 3 1 2 3
L L L R R R

G

1 2 3 4
R R L L

H

1 2 3 4
L L R R

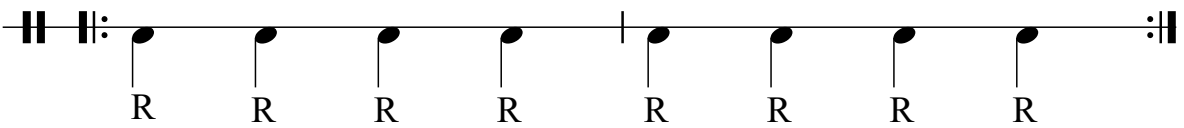
I

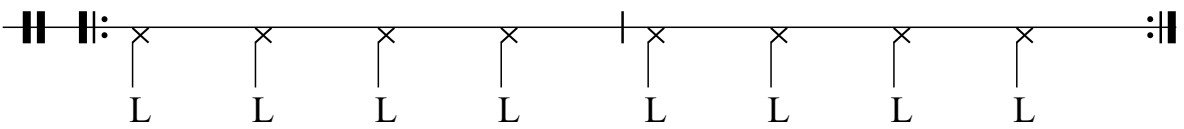
R L R L

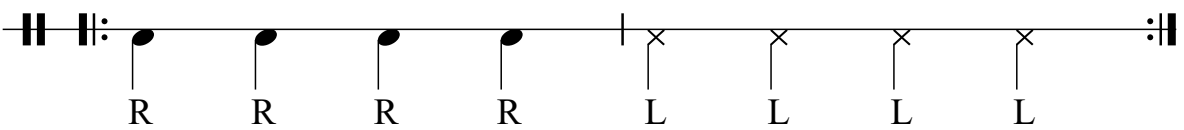
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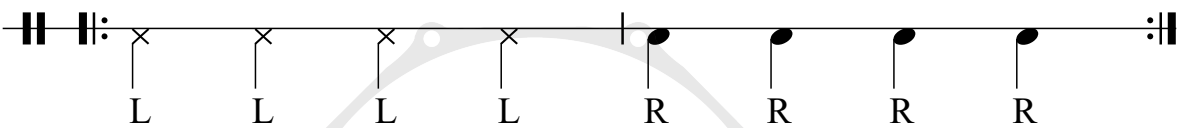
L R L R

Exercises for the Feet

A 

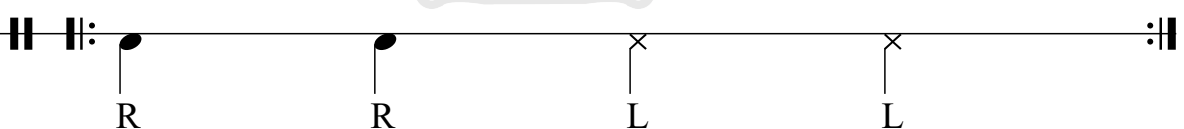
B 

C 


D 

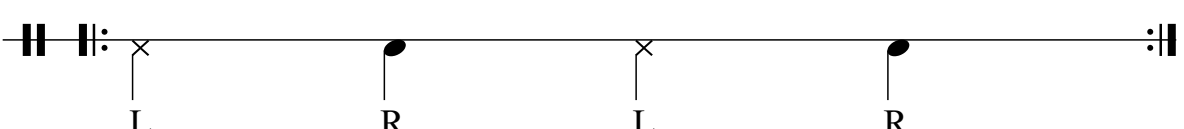
E 

F 

G 

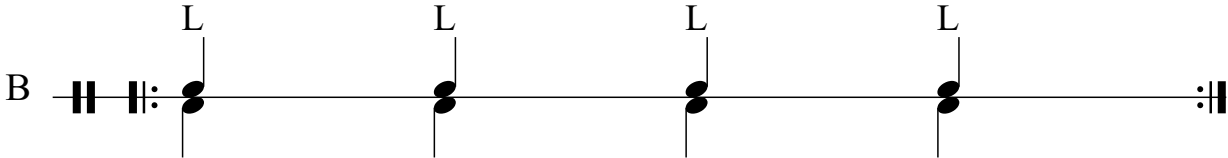
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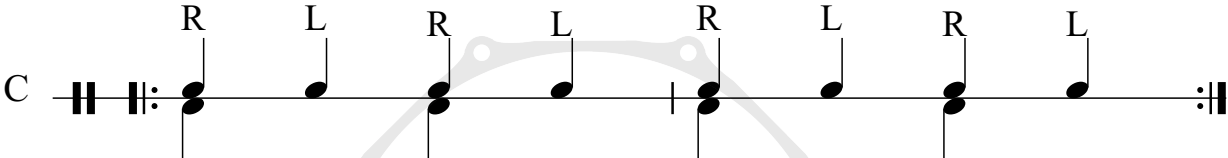
I 

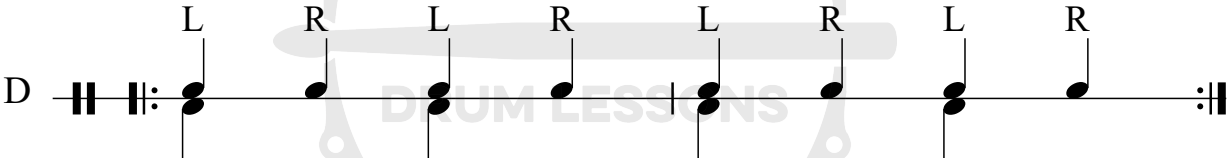
J 

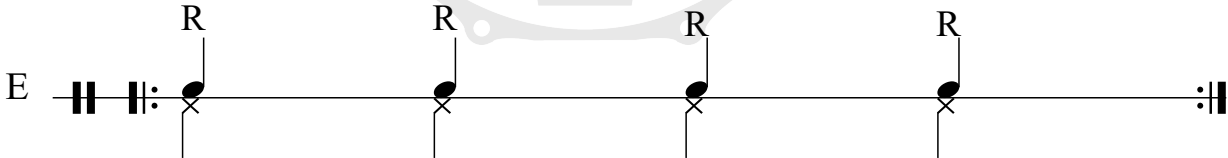
Combined Exercises with Single Foot

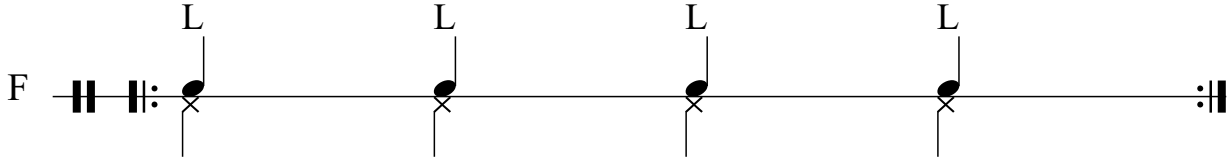
A 

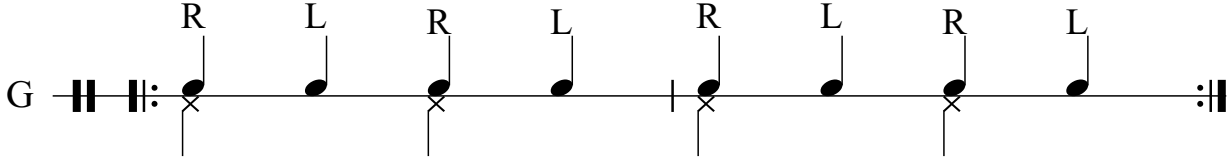
B 

C 

D 

E 

F 

G 

H

L R L R L R L R

I

R R L L R R L L

J

L L R R L L R R

K

R R L L R R L L

L

L L R R L L R R

M

R L R R L R L L

N

R L R R L R L L

Combined Exercises for Both Hands and Feet

A

Exercise A consists of two measures on a single staff. The first measure contains four notes: a quarter note on the first line (labeled 'R'), a quarter note on the second line (labeled 'L'), a quarter note on the second space (labeled 'R'), and a quarter note on the third line (labeled 'L'). The second measure contains four notes: a quarter note on the first space (labeled 'R'), a quarter note on the second line (labeled 'L'), a quarter note on the second space (labeled 'R'), and a quarter note on the third line (labeled 'L'). The exercise is marked with a repeat sign at the beginning and end.

B

Exercise B consists of two measures on a single staff. The first measure contains four notes: a quarter note on the first line (labeled 'R'), a quarter note on the second line (labeled 'R'), a quarter note on the second space (labeled 'L'), and a quarter note on the third line (labeled 'L'). The second measure contains four notes: a quarter note on the first space (labeled 'R'), a quarter note on the second line (labeled 'R'), a quarter note on the second space (labeled 'L'), and a quarter note on the third line (labeled 'L'). The exercise is marked with a repeat sign at the beginning and end. A large watermark for 'JOHN JOY DRUM LESSONS .COM' is overlaid on the page.

C

Exercise C consists of two measures on a single staff. The first measure contains four notes: a quarter note on the first line (labeled 'R'), a quarter note on the second line (labeled 'L'), a quarter note on the second space (labeled 'R'), and a quarter note on the third line (labeled 'R'). The second measure contains four notes: a quarter note on the first space (labeled 'L'), a quarter note on the second line (labeled 'R'), a quarter note on the second space (labeled 'L'), and a quarter note on the third line (labeled 'L'). The exercise is marked with a repeat sign at the beginning and end.

Rudiments

Single Stroke Roll

A

1 & 2 & 3 & 4 &

R L R L R L R L

B

L R L R L R L R

Double Stroke Roll

C

R R L L R R L L

D

L L R R L L R R

Single Paradiddle

E

R L R R L R L L

F

L R L L R L R R

My First Rock Groove

Play the following pattern on the Hi-Hat, remembering to count out loud!

1 & 2 & 3 & 4 &

A musical staff with a treble clef and a double bar line at the beginning. Above the staff, there are two groups of notes. The first group consists of four notes: a quarter note on beat 1, a quarter note on the off-beat (&), a quarter note on beat 2, and a quarter note on the off-beat (&). The second group also consists of four notes: a quarter note on beat 3, a quarter note on the off-beat (&), a quarter note on beat 4, and a quarter note on the off-beat (&). Each note is marked with an 'x' above it, indicating a Hi-Hat strike. The staff ends with a double bar line and repeat dots.

Next, add in the Bass Drum Playing on beats 1 and 3.
Don't forget to keep counting out loud!

1 & 2 & 3 & 4 &

A musical staff with a treble clef and a double bar line at the beginning. Above the staff, there are two groups of notes: a quarter note on beat 1, a quarter note on the off-beat (&), a quarter note on beat 2, and a quarter note on the off-beat (&); and a quarter note on beat 3, a quarter note on the off-beat (&), a quarter note on beat 4, and a quarter note on the off-beat (&). Each note is marked with an 'x' above it. Below the staff, there are two groups of notes: a quarter note on beat 1 and a quarter note on beat 3. Each note is marked with a 'b' below it, indicating a Bass Drum strike. The staff ends with a double bar line and repeat dots.

Finally, add in the Snare Drum playing on beats 2 and 4. Remember to continue to count out loud.

1 & 2 & 3 & 4 &

A musical staff with a treble clef and a double bar line at the beginning. Above the staff, there are two groups of notes: a quarter note on beat 1, a quarter note on the off-beat (&), a quarter note on beat 2, and a quarter note on the off-beat (&); and a quarter note on beat 3, a quarter note on the off-beat (&), a quarter note on beat 4, and a quarter note on the off-beat (&). Each note is marked with an 'x' above it. Below the staff, there are two groups of notes: a quarter note on beat 1 and a quarter note on beat 3 (marked with a 'b' below it). There are also two groups of notes on the off-beats: a quarter note on the off-beat (&) on beat 2 and a quarter note on the off-beat (&) on beat 4 (marked with an 's' below it). The staff ends with a double bar line and repeat dots.