

Hands & Feet Exercises

Hand Patterns

Hand Patterns musical notation showing exercises A through O. Each exercise is on a single staff with a 2/4 time signature. Exercises A, B, C, G, H, I, J, K, L, M, N, and O are written as continuous lines of music. Exercise D includes a rhythmic pattern: R R L R R L over R L R L R L. Exercise E includes a rhythmic pattern: R L R L R L. Exercise F includes a rhythmic pattern: R L R L R L. A large watermark for 'JOHN JOY DRUM LESSONS .COM' is visible in the background.

Foot Patterns

Foot Patterns musical notation showing exercises 1 through 6. Each exercise is on a single staff with a 2/4 time signature. Exercises 1, 2, 3, 4, 5, and 6 are written as continuous lines of music. Exercises 2, 3, 5, and 6 include 'x' marks on the staff to indicate specific foot patterns. A large watermark for 'JOHN JOY DRUM LESSONS .COM' is visible in the background.

Bass Drum Variations

Bass Drum/Snare Drum Patterns

1 2 3 4 5

Patterns 1-5: Five measures of music on a single staff. Each measure is separated by a double bar line with repeat dots. Pattern 1: Bass drum on 1, snare on 2. Pattern 2: Snare on 1, bass drum on 2. Pattern 3: Snare on 1, bass drum on 2. Pattern 4: Snare on 1, bass drum on 2. Pattern 5: Snare on 1, bass drum on 2.

6 7 8 9 10

Patterns 6-10: Five measures of music on a single staff. Each measure is separated by a double bar line with repeat dots. Pattern 6: Bass drum on 1, snare on 2. Pattern 7: Snare on 1, bass drum on 2. Pattern 8: Snare on 1, bass drum on 2. Pattern 9: Snare on 1, bass drum on 2. Pattern 10: Snare on 1, bass drum on 2.

11 12 13 14 15

Patterns 11-15: Five measures of music on a single staff. Each measure is separated by a double bar line with repeat dots. Pattern 11: Snare on 1, bass drum on 2. Pattern 12: Snare on 1, bass drum on 2. Pattern 13: Snare on 1, bass drum on 2. Pattern 14: Snare on 1, bass drum on 2. Pattern 15: Snare on 1, bass drum on 2.

16 17 18 19

Patterns 16-19: Four measures of music on a single staff. Each measure is separated by a double bar line with repeat dots. Pattern 16: Snare on 1, bass drum on 2. Pattern 17: Snare on 1, bass drum on 2. Pattern 18: Snare on 1, bass drum on 2. Pattern 19: Snare on 1, bass drum on 2.

20 21 22

Patterns 20-22: Three measures of music on a single staff. Each measure is separated by a double bar line with repeat dots. Pattern 20: Snare on 1, bass drum on 2. Pattern 21: Snare on 1, bass drum on 2. Pattern 22: Snare on 1, bass drum on 2.

Hi-Hat Patterns

A

Pattern A: A single staff with two measures. The first measure has two eighth notes with 'x' marks above them. The second measure has two eighth notes with 'x' marks above them.

B

Pattern B: A single staff with two measures. The first measure has a quarter note with a 'y' mark above it. The second measure has a quarter note with a 'y' mark above it.

C

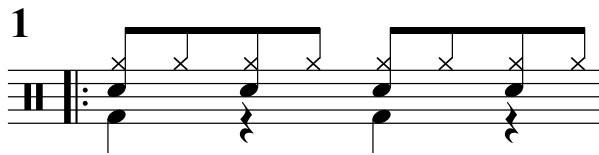
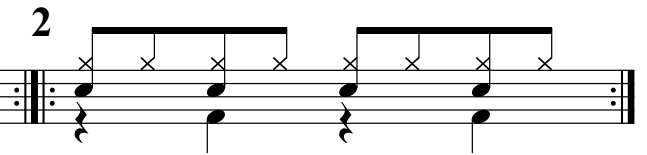
Pattern C: A single staff with two measures. The first measure has four eighth notes with 'x' marks above them. The second measure has four eighth notes with 'x' marks above them.

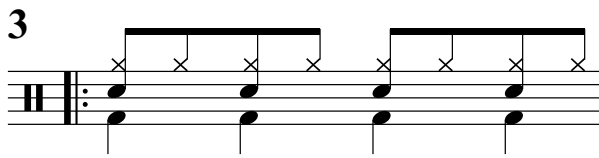
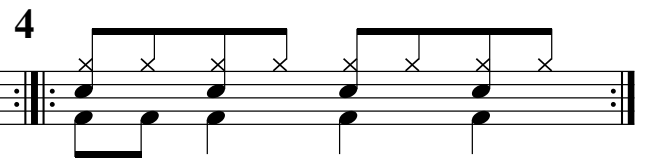
D

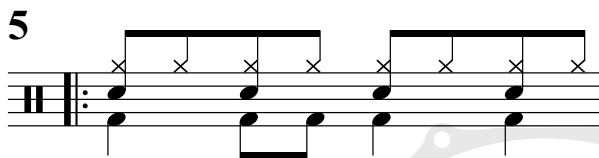
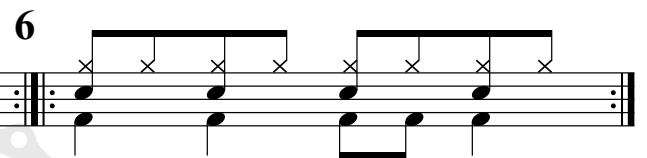
Pattern D: A single staff with two measures. The first measure has a quarter note with an 'x' mark above it. The second measure has a quarter note with an 'x' mark above it.

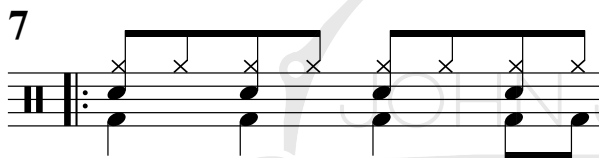
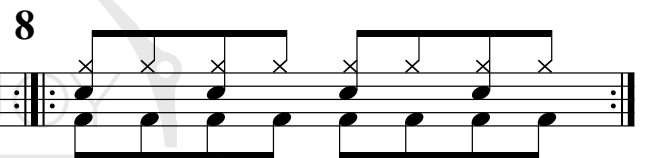
Steady Four on the Snare Grooves

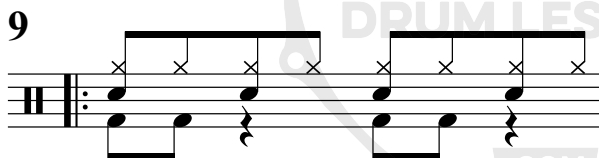

* Play each groove 8 times, non stop
 * Play them in time to music
 * Try playing them in time to a click track

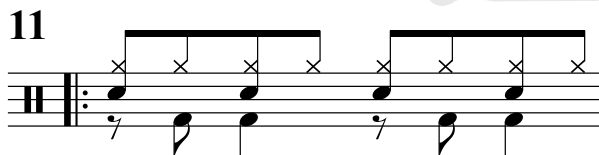

1  2 

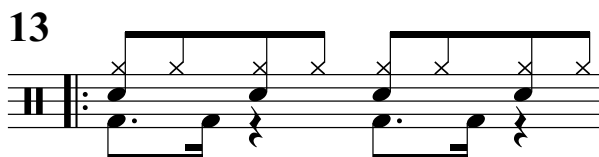
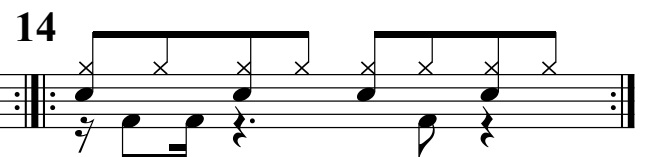
3  4 

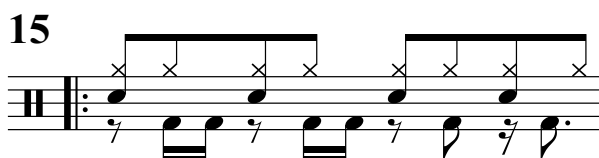
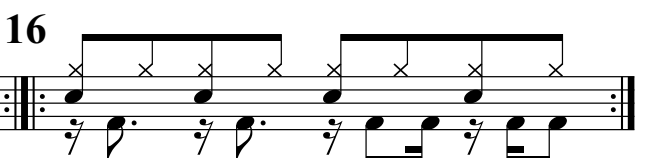
5  6 

7  8 

9  10 

11  12 

13  14 

15  16 

Locking Everything Together

A

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

B

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

C

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

1

2

3

Now play the hand patterns over the foot patterns, using the accents.

Snare Drum Exercises Extension Ideas Grade 4 Prep Sheets

Excerpt from Snare Drum Exercise 1:

1

1 2 3 4 1 2 3 4

Using the patterns on the snare against a steady hi-hat/kick pattern:

Using the patterns on the kick against a hi-hat/snare pattern:

Using the patterns on the snare against a quaver hi-hat & kick on 1 & 3:

Using the patterns on the kick against a hi-hat/snare pattern:

Using the patterns on the snare against a sixteenth note hi-hat pattern with kick on 1 & 3:

R L R L R L R L

Using the patterns on the kick against a sixteenth note hi-hat pattern with Snare on 2 & 4:

R L R L R L R L