

Moving On....

Start with this hand pattern and add the bass drum patterns below.
Remember: Accuracy over speed everytime!

Once the Single Stroke patterns are comfortable, change the hand pattern to Paradiddles.

Lastly, keep the Paradiddle sticking & move the Right Hand to the Ride and keep the Left on the Hats/Snare.
Repeat all of the bass drum patterns underneath.

Extension Ideas: Add another bass drum

Extension Ideas: Swap the second kick for a hi-hat with foot.