

# Technical Work

Play this exercise using both singles and doubles.

Tempos: 40 45 50 55 60 65 70 75 80 85 90 95 100

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Triplets using Doubles:

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

Triplets using Paradiddles

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

Triplet fills using the Bass Drum and Flams:

11