

# Just the Hands

A 1 R 2 R 3 R 4 R | 1 R 2 R 3 R 4 R :||

B 1 L 2 L 3 L 4 L | 1 L 2 L 3 L 4 L :||

C R R R R | L L L L :||

D L L L L | R R R R :||

E 1 R 2 R 3 R | 1 L 2 L 3 L :||

F 1 L 2 L 3 L | 1 R 2 R 3 R :||

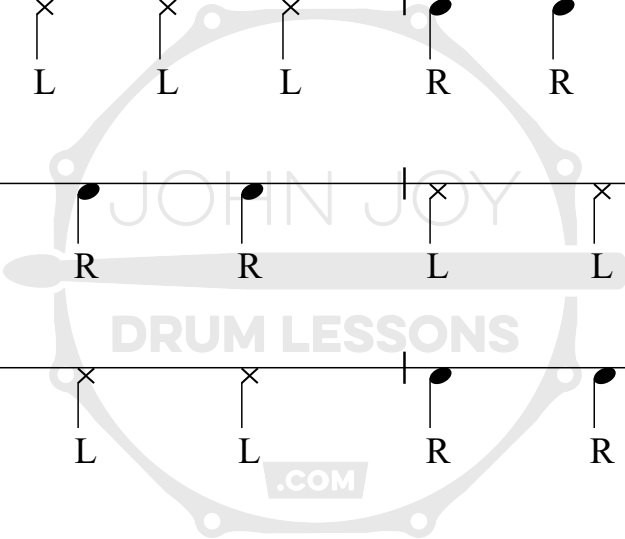
G 1 R 2 R 3 L 4 L :||

H 1 L 2 L 3 R 4 R :||

I R L | R L :||

J L R | L R :||

# Just the Feet



A

R R R R R R R R

B

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

R R R L L L

F

L L L R R R

G

R R L L

H

L L R R

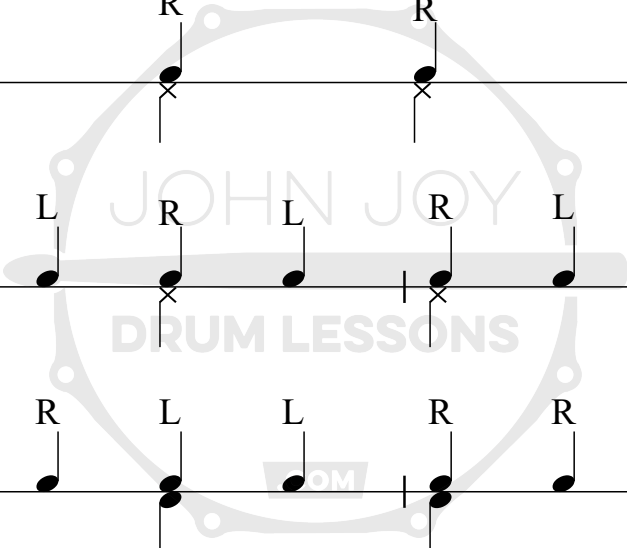
I

R L R L

J

L R L R

# Combined Exercises (One Foot)



A B C D E F G H I

R R R R

L L L L

R L R L R L R L

R R R R

R L R L R L R L

R R L L R R L L

R R L L R R L L

R L R R L R L L

R L R R L R L L

Each exercise (A-I) is written on a single staff with a repeat sign at the beginning and end. Exercises A, B, D, and E consist of four quarter notes. Exercises C, F, G, H, and I consist of eight quarter notes. Exercises A, B, D, and E are marked with 'R' above the notes. Exercises C, F, G, H, and I are marked with 'R' and 'L' above the notes. Exercises D, E, G, and H have an 'X' below the first and fifth notes, indicating a cross-stick. Exercises C, F, H, and I have a vertical bar below the fourth note, indicating a half note.

# Combined Exercises (Both Feet)

A

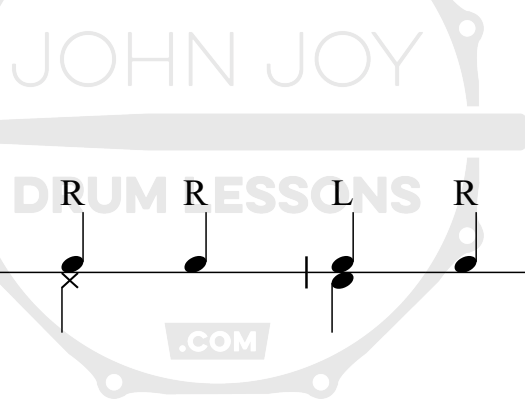
R L R L R L R L

B

R R L L R R L L

C

R L R R L R L L



# Rudiments

## Single Stroke Roll

1 R & L 2 R & L 3 R & L 4 R & L

The notation shows two staves. The top staff has a single line with a treble clef and a key signature of one sharp (F#). It contains two measures of music. The first measure has four eighth notes: R, &, L, R. The second measure has four eighth notes: R, &, L, R. The bottom staff has a grand staff (treble and bass clefs) with a key signature of one sharp. It contains two measures of music. The first measure has four eighth notes: R, L, R, L. The second measure has four eighth notes: R, L, R, L. There are 'x' marks under the second and fourth notes in both measures of the bottom staff, indicating a cross-stick.

## Double Stroke Roll

R R L L R R L L

The notation shows two staves. The top staff has a single line with a treble clef and a key signature of one sharp (F#). It contains two measures of music. The first measure has four eighth notes: R, R, L, L. The second measure has four eighth notes: R, R, L, L. The bottom staff has a grand staff (treble and bass clefs) with a key signature of one sharp. It contains two measures of music. The first measure has four eighth notes: R, R, L, L. The second measure has four eighth notes: R, R, L, L. There are 'x' marks under the second and fourth notes in both measures of the bottom staff, indicating a cross-stick.

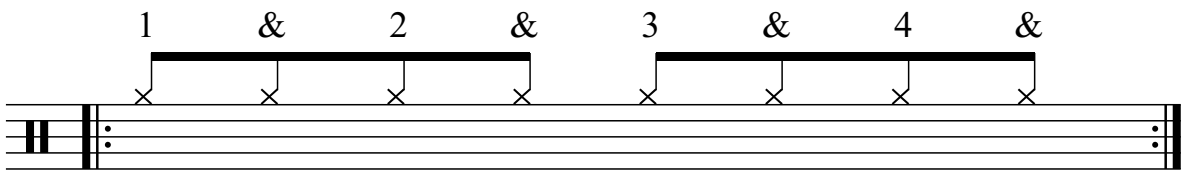
## Single Paradiddle

R L R R L R L L

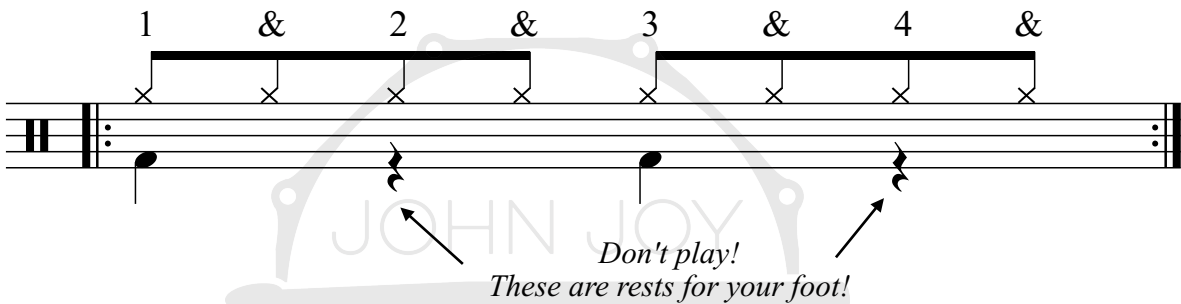
The notation shows two staves. The top staff has a single line with a treble clef and a key signature of one sharp (F#). It contains two measures of music. The first measure has four eighth notes: R, L, R, R. The second measure has four eighth notes: L, R, L, L. The bottom staff has a grand staff (treble and bass clefs) with a key signature of one sharp. It contains two measures of music. The first measure has four eighth notes: R, L, R, R. The second measure has four eighth notes: L, R, L, L. There are 'x' marks under the second and fourth notes in both measures of the bottom staff, indicating a cross-stick.

# My First Rock Groove

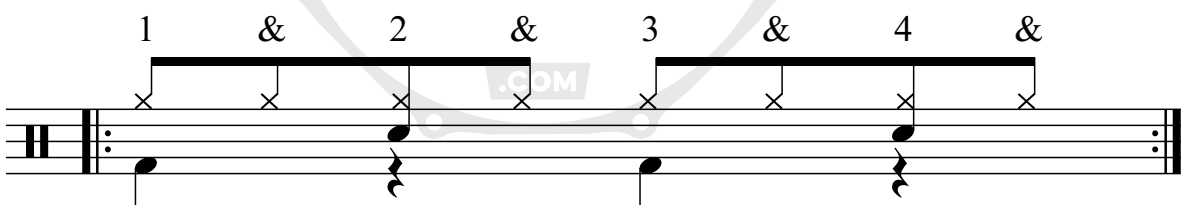
Play the following pattern on the Hi-Hat, remembering to count out loud!



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



Finally, add in the Snare Drum playing on beats 2 and 4.



Once you are comfortable playing this groove, try playing it in time to music.

Good tracks to start with are:

\* Genesis - In Too Deep

\* Eagles - Hotel California