

APPLYING THE UP/DOWN TECHNIQUE:

Try applying the up / down technique to some common rudiments and sticking patterns.

TIP: do not try to play these quickly, but focus on the individual strokes and stick motions. You can also try splitting your hands between two different sound sources (like a snare drum and a floor tom), to really hear what each hand is doing in the rudiment.

SINGLE STROKES

Ex. 9

R L R L R L R L

SINGLE PARADIDDLE

Ex. 10

R L R R L R L L

TRIPLETS #1

Ex. 11

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

TRIPLETS #2

Ex. 12

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

DOUBLE PARADIDDLE

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

TRIPLE PARADIDDLE

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

FLAM ACCENTS

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

SWISS ARMY TRIPLETS

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