

IMPROVING YOUR DOUBLE STROKE ROLL

All the 32nd notes should be played as double strokes and with flat dynamics:

THE DISTANCE

R R L R L R R L R L *cont...*



R L L R L R L L R L *cont...*



R L R R L R L R R L *cont...*



R L R L L R L R L L *cont...*



THE DISTANCE 2.0

R R L L R L R R L L R L *cont...*



R L L R R L R L L R R L *cont...*



R L R R L L R L R R L L *cont...*



R R L R L L R R L R L L *cont...*

