

TRIPLET FILL EXERCISES

These are a great exercise for coordination, and will really help with songs like No One Knows by Queens of the Stone Age. The sticking remains the same throughout and the bass drum simply plays **four to the floor** underneath.

Tip: be careful not to flam your left hand with the bass drum

Ex. 1 R L R L R L R L R L R L

Ex. 2 R L R L R L cont..

Ex. 3

Ex. 4

Ex. 5

Ex. 6

Ex. 7

Ex. 8

The following exercises incorporate using your bass drum as part of the triplet:

Tip: don't play these so fast that you lose the triplet grouping, instead, focus on three evenly spaced notes.

Ex. 9

Ex. 10

Ex. 11

Ex. 12