

# Eighth Note Sticking Patterns 1

♩ = 60 - 200

Play each sticking pattern many times and slowly increase your speed.  
You may wish to practice without the feet at first. Add the feet in to gain valuable 4 way co-ordination practice.

1) R R R R R R R R L L L L L L L L

3) R R R R L L L L 4) R R L L R R L L

5) R L R L R L R L 6) R L R R L R L L

7) R R L R L L R L 8) R L L R L R R L

9) R L R L L R L R 10) L R R L L R R L

11) R L L R L L R L 12) L R R L R R L R

13) R R L R R L R L 14) L L R L L R L R

15) R R R L L L R L 16) L L L R R R L R

# Eighth Note Sticking Patterns 2

♩ = 60 - 200

Play each sticking pattern many times and slowly increase your speed.  
You may wish to practice without the feet at first. Add the feet in to gain valuable 4 way co-ordination practice.

1) R R R L R R R L L L L R L L L R

3) R R L R R R L R L L R L L L R L

5) R L R R R L R R L R L L L L R L L

7) L R R R L R R R R L L L L R L L L

9) L R L R L R L R L L R R L L R R

11) R L R R L L R L L R L L R R L R

13) R R L R L R R L L L R L R L L R

15) R L L R L R L L L R R R L R R

# Singles, Doubles & Paradiddles 1

♩ = 60 - 200

## Single Stroke Roll

1) R L R L R L R L      2) L R L R L R L R

## Double Stroke Roll

3) R R L L R R L L      4) L L R R L L R R

## Paradiddles

5) R L R R L R L L      6) L R L L R L R R

## Combinations

7) R L R L R R L L      8) L R L R L L R R

9) R L R L R L R R L R L R L L L      10) R R L L R L R R L L R R L R L L L

11) R L R L R L R L R R L L R R L L R L R R L R L L

## 8 Bar Exercise

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

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

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

# Singles, Doubles & Paradiddles 2

Moving around the kit

♩ = 60 - 200

## Single Stroke Roll

1) R L R L R L R L R L R L R L R L R L R L

2) R L R L R L R L R L R L R L R L R L R L

3) L R L R L R L R L R L R L R L R L R L R L

4) L R L R L R L R L R L R L R L R L R L R L

## Double Stroke Roll

5) R R L L R R L L R R L L R R L L R R L L

6) R R L L R R L L R R L L R R L L R R L L

7) L L R R L L R R L L R R L L R R L L R R L L

8) L L R R L L R R L L R R L L R R L L R R L L

## Paradiddles

9) R L R R L R L L R L R R L R L L R L R R

10) R L R R L R L L R L R R L R L L R L R R

11) L R L L R L R R L R L R R L R L L R L R R

12) L R L L R L R R L R L R R L R L L R L R R

## 8 Bar Exercise

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

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

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

♩ = 60 - 120

1) L R R L L R R L      2) L R R R R L R R R

3) R L L L L R L L L      4) L R R L R R L R R L R R

5) R L L R L L R L L R L L      6) L R R R R R L L L L

7) L R R L R R R L L R L L      8) L R R R L L L R R R L L

9) L R L R L L R L R L      10) R L R L R R L R R L R

11) L R L L R L L R L L      12) R L R R L R R L R R L R

## 8 Bar Exercise

13

19