

RHYTHMS

RHYTHMS AND RUDIMENTS 1 2

REPEAT EACH 4-8x
SLOW-MED-FAST

① 1 2 3 4 1TL 2TL 3TL 4TL 1 2 3 4 1 + 2 + 3 4TL

② 1 2 3TL 4 1 2TL 3 4 1 + 2 + 3 4TL 1 2 + 3 + 4 +

③ 1 2TL 3 4 1 + 2 + 3TL 4 1 2 3 4 1TL 2TL 3 4

④ 1 + 2 + 3TL 4 1 2 3 4TL 1 2 + 3 4 + 1TL 2 3TL 4

⑤ 1 2TL 3 4 1 2 3 4 1 + 2TL 3 4 1TL 2 3 + 4

⑥ 1 + 2 + 3 4 1TL 2TL 3 4 1 + 2 + 3 + 4 + 1 2 + 3 4

⑦ 1TL 2 3TL 4 1 2 + 3 4TL 1 2 + 3 4TL 1 2 3 4

⑧ 1 2 3 4TL 1TL 2 3 4 + 1 + 2 + 3 + 4 1 2TL 3TL 4

RUDIMENTS

TRIPLE STROKE = THREE HITS IN EACH HAND

① 1 2 3 RRR LLL ② 1TL 2

RRR LLL RRL RLL ③ 1TL 2 RRR LLL ④ 1TL 2TL

⑤ 1TL 2TL ⑥ 1TL 2TL 3TL 4TL RRR LLL LLL RRR

RRR LLL
LLL RRR

RRR LLL RRR LLL
LLL RRR LLL RRR