

RHYTHMS

RHYTHMS AND RUDIMENTS 10

REPEAT EACH 4-8X
SLOW-MED-FAST

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

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

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

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

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

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

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

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

RUDIMENTS

PARADIDDLE-DIDDLE = TWO SINGLES AND TWO DOUBLES

① 1 2 3 R L R R L L L 1 2 3

② 1 + 2 + 3 +

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

③ 1 2 3 4 5 6 2

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

④ 1 2 3 4 5 6 2

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

⑤ 1 2 3 4 5 6 1 2 3 4 5 6

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