

RHYTHMS

RHYTHMS AND RUDIMENTS 9

REPEAT EACH 4-8 X
SLOW-MED-FAST
1 2 3 4

① 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

TRIPLE PARADIDDLE = SIX SINGLES AND A DOUBLE

① 1 2 3 4 RLRL RLRR 1 2 3 4

② 1 + 2 + 3 + 4 +

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

③ 1 E + A Zeta 3 4 RLRL RLRR RLRL RLRR

④ 1 E + A Zeta 2 RLRL RLRR RLRL RLRR

⑤ 1 E + A Zeta 3 4 RLRL RLRR RLRL RLRR

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