

RHYTHMS

RHYTHMS AND RUDIMENTS 5

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 + 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 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

SINGLE PARADIDDLE • COMBINATION OF TWO SINGLES AND ONE DOUBLE

① 1 2 3 4 R L R R L R L L

② 1 + 2 + 3 + 4 +

R L R R L R L L

③ 1 E + A Z E + A R L R R L R L L

④ 1 2 E + A 3 4 E + A

⑤ 1 E + A Z E + A 3 4 R L R R L R L L

⑥ 1 E + A Z E + A R L R R L R L L