

RHYTHMS

RHYTHMS AND RUDIMENTS 4

REPEAT 1-8x
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

DOUBLE STROKE ROLL: TWO HITS IN EACH HAND = DOUBLES

① R R L L R R L L

② 1 + 2 + 3 + 4 +

③ 1 E + A Z E + A Z E + A

④ 1 E + A Z

⑤ 1 Z E + A

⑥ 1 E + A Z E + A