

RHYTHMS

RHYTHMS AND RUDIMENTS 6

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 1 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 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

6

DOUBLE PARADIDDLE = FOUR SINGLES AND A DOUBLE "PARADIDDLE DIDDLE"

① 1 2 3 4 5 6 R L R L R R

② 1 + 2 + 3 + R L R L R R

③ 1 2 3 4 5 6 2 R L R L R R L R L L

④ 1 2 2 3 4 5 6 R L R L R R L R L L