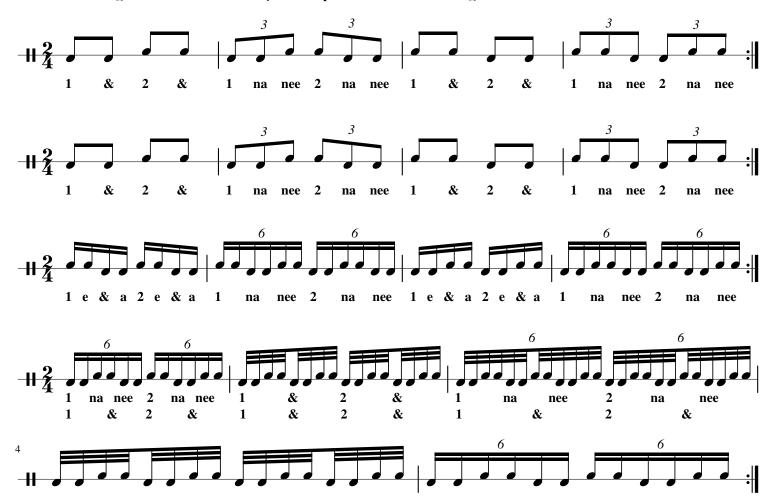


ADVANCED EXERCISES DOUBLE STROKE ROLLS

Set a metronome for the desired tempo, two clicks per beat.

If your metronome cannot subdivide, set it for 2x the tempo.

Work through each exercise until you can perform it 3-4x through without mistakes.



Major Issues:

- 1. Shifting from slower to faster rhythms: make sure the second stroke of the new rhythm comes in fast enough. Otherwise, you will probably drag behind the tempo.
- 2. Shifting from faster to slower rhythms: make sure the second stroke of the new rhythm doesn't come in too soon. Otherwise, you will get ahead of the tempo.
- 3. Keep each rhythm even throughout. Use the 2nd click (the "&" of the beat) to keep track of the internal rhythm.
 - Quarter Notes: "&" marks the full rest between strokes
 - Eighth Notes: each stroke matches a click
 - Sixteenth Notes: the beginning of each double matches a click
 - 32nd Notes: the right hand (or lead hand) matches a click



ADVANCED EXERCISES DOUBLE STROKE ROLLS





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