

### Exercise 1: Learn the sticking.

Set a metronome for 60bpm, three clicks per beat.

Once the sticking is comfortable at this tempo, increase by 5 or 10bpm. Continue until 100bpm.

### Exercise 2: Develop a "muscle memory map".

Set a metronome for 80bpm, three clicks per beat.

A metronome that can subdivide the beat is necessary for this exercise.

Once the sticking is comfortable at this tempo, increase by 10bpm. Continue until -120bpm.

### Exercise 3: Develop comfort with the timing and stick of the drags at higher tempos.

Set a metronome for 60bpm, two clicks per beat.

If your metronome cannot subdivide, set it to 2x the tempo (120bpm).

Once the sticking is comfortable at this tempo, increase by 5bpm. Continue until 100bpm.

### Exercise 4: Double Drags in practice. *This is a basic double drag pattern and useful to master and memorize.*

Set a metronome for 60bpm, two clicks per beat.

If your metronome cannot subdivide, set it to 2x the tempo (120bpm).

The drags should fall on each click, but now the accent has been added back in. Increase by 5bpm as desired.