

Improve Your Triplet-Based 5-Stroke Rolls

Exercise 1: Open to Closed 5-Stroke Rolls.

- Line 1 works on duple rhythms.
- Line 2 works on triplet rhythms.

$\text{♩} = 60$, with 2 clicks per beat (or 120bpm)

Each stroke on a click *Beginning of doubles on a click* *Rolls start and end on a click*

$\text{♩} = 60$, with 3 clicks per beat (or 180bpm)

Each stroke on a click *Beginning of doubles on a click* *Right hand on the clicks*

Exercise 2: Skeleton + Triplet 5-Stroke Rolls.

- Line 1 works on the basic skeleton.
- Line 2 applies the skeleton to the longer 5-stroke roll phrase at the end of the lines in Three Camps.

$\text{♩} = 60$

6 *6* *6* *6*

$\text{♩} = 60$

6 *6* *6* *6* *6* *6*

5

6 *6* *6* *6* *6* *6*

Improve Your 11-Stroke Rolls

Exercise 1: Open to Closed 11-Stroke Rolls.

- Line 1 works on duple rhythms.
- Line 2 works on triplet rhythms.

♩ = 60, with 2 clicks per beat (or 120bpm)

Each stroke on a click Doubles start on a click Right hand on the clicks 1 & a 2

♩ = 60, with 3 clicks per beat (or 180bpm)

Each stroke on a click Beginning of doubles on a click Right hand on the clicks

Exercise 2: Skeleton + Triplet 11-Stroke Rolls.

♩ = 60

Exercise 3: Skeleton + Quintuplet 11-Stroke Rolls.

♩ = 60

Improve Your 10-Stroke Rolls

Exercise 1: Open to Closed 10-Stroke Rolls.

- Line 1 works on duple rhythms.
- Line 2 works on triplet rhythms.

$\text{♩} = 60$, with 2 clicks per beat (or 120bpm)

Each stroke on a click Doubles start on a click Right hand on the clicks 1 & a 2

$\text{♩} = 60$, with 3 clicks per beat (or 180bpm)

Each stroke on a click Beginning of doubles on a click Right hand on the clicks

Exercise 2: Skeleton + Triplet 10-Stroke Rolls.

$\text{♩} = 60$

6 6 6 6

5 5 10 5 5

Exercise 3: Skeleton + Quintuplet 10-Stroke Rolls.

$\text{♩} = 60$

5 5 5 5

6 5 6 6 5 6