

Exercise #1: "8-8-16"

Musical notation for Exercise #1: "8-8-16". It consists of two staves in 4/4 time. The first staff has a dynamic marking of *f/p*. The rhythm is divided into three measures: the first two measures are 8-beat patterns (R R R R R R R R), and the third measure is a 16-beat pattern (L L L L L L L L R R R R R R R R R R). The second staff shows the drumming pattern with 'L' for left and 'R' for right, with dashes indicating rests.

Exercise #2: "16th Timing: Fluid Motions"

Musical notation for Exercise #2: "16th Timing: Fluid Motions". It consists of two staves in 4/4 time. The first staff is labeled "4's (play 1 time)" and has a dynamic marking of *f/p*. The rhythm is divided into four measures: the first three are 16-beat patterns (RLRLRLRLRLRLRLRLRLRL, RRRRRRRRRR, RLRLRLRLRLRLRLRLRLRL), and the fourth is a 4-beat pattern (LLLLLLLL). The second staff is labeled "2's (play 2 times)" and "1's (play 4 times)". It has a repeat sign and is divided into four measures: the first two are 8-beat patterns (RLRLRLRLRLRLRLRLRLRL, RRRRRRRRRR), the third is a 4-beat pattern (RLRLRLRLRLRLRLRLRLRL), and the fourth is a 4-beat pattern (LLLLLLLL). The drumming pattern uses 'L' for left and 'R' for right.

Exercise #3A: "Double Beat"

Musical notation for Exercise #3A: "Double Beat". It consists of two staves in 4/4 time. The first staff has a dynamic marking of *f/p*. The rhythm is divided into four measures: the first two are 8-beat patterns (RRRRRRRR, RRRRRR), and the last two are 8-beat patterns (LLLLLLLL, LLLLLL). The second staff shows the drumming pattern with 'L' for left and 'R' for right, with dashes indicating rests.

Exercise #3B: Triple Beat

Musical notation for Exercise #3B: "Triple Beat". It consists of two staves in 4/4 time. The first staff has a dynamic marking of *f/p*. The rhythm is divided into four measures: the first two are 8-beat patterns (RRRRRRRR, RRRRRR), and the last two are 8-beat patterns (LLLLLLLL, LLLLLL). The second staff shows the drumming pattern with 'L' for left and 'R' for right, with dashes indicating rests.

Exercise #4A: "Accent Tap"

Exercise #4A: "Accent Tap" is a 4-measure exercise in 4/4 time. The first staff contains four measures of eighth-note patterns: R R R R R R R R, L L L L L L L L, R R R R R R R R, and R R R R R R R R. The second staff contains four measures of rests: L -, R -, L -, and R -.

Exercise #4B: "Accent Tap 4's"

Exercise #4B: "Accent Tap 4's" is a 4-measure exercise in 4/4 time. The first staff contains four measures of eighth-note patterns: R R R R R R R R, L L L L L L L L, R R R R R R R R, and R R R R R R R R. The second staff contains four measures of rests: L -, R -, L -, and R -.

Exercise #4C: "Accent Tap 3's"

Exercise #4C: "Accent Tap 3's" is a 4-measure exercise in 4/4 time. The first staff contains four measures of eighth-note patterns: R R R R R R R R, L L L L L L L L, R R R R R R R R, and R R R R R R R R. The second staff contains four measures of rests: L -, R -, L -, and R -.

Exercise #4D: "Accent Tap 2's"

Exercise #4D: "Accent Tap 2's" is a 4-measure exercise in 4/4 time. The first staff contains four measures of eighth-note patterns: R R R R R R R R, L L L L L L L L, R R R R R R R R, and R R R R R R R R. The second staff contains four measures of rests: L -, R -, L -, and R -.

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Exercise #5A: "Roll Primer, Buzzes"

Exercise #5A: "Roll Primer, Buzzes" is a snare drum exercise in 4/4 time. It consists of two staves of music. The first staff contains three measures: the first measure has a roll of eight eighth notes (R R R R R R R R), the second measure has a roll of eight eighth notes (L L L L L L L L), and the third measure has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L). The second staff contains four measures: the first measure has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L), the second measure has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L), the third measure has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L), and the fourth measure has a single eighth note (R) followed by a quarter rest.

Exercise #5B: "Roll Primer, Double Bounces"

Exercise #5B: "Roll Primer, Double Bounces" is a snare drum exercise in 4/4 time. It consists of two staves of music. The first staff contains three measures: the first measure has a roll of eight eighth notes (R R R R R R R R), the second measure has a roll of eight eighth notes (L L L L L L L L), and the third measure has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L). The second staff contains four measures: the first measure has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L), the second measure has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L), the third measure has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L), and the fourth measure has a single eighth note (R) followed by a quarter rest.

Exercise #6: "Duple Rolls"

Exercise #6: "Duple Rolls" is a snare drum exercise in 4/4 time. It consists of four staves of music. Each staff contains a continuous roll of eighth notes. The first staff has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L). The second staff has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L). The third staff has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L). The fourth staff has a roll of sixteen eighth notes (R L R L R L R L R L R L R L R L).

Exercise #9: "Flam Prep"

Exercise #9: "Flam Prep" is a snare drum exercise in 4/4 time. It consists of three staves of music. The first staff contains four measures of eighth-note patterns with accents, with drum notation 'R R R R R R R R' and 'L L L L L L L L' below. The second staff contains four measures of eighth-note patterns with accents, with drum notation 'R R R R R R R R' and 'R R R R R R R R' below. The third staff contains four measures of eighth-note patterns with accents, with drum notation 'R L R L R L R L' and 'R L R L R L R L' below. The exercise concludes with a final measure containing a quarter rest.

Exercise #10: "Flam Accents"

Exercise #10: "Flam Accents" is a snare drum exercise in 12/8 time. It consists of three staves of music. The first staff contains four measures of eighth-note patterns with accents, with drum notation 'R R R R R R R R' and 'R R R R R R R R' below. The second staff contains four measures of eighth-note patterns with accents, with drum notation 'R R L R R R L R' and 'R L R L R L R L R L R L' below. The third staff contains four measures of eighth-note patterns with accents, with drum notation 'R L R L R L R L R L' and 'R' below. The exercise concludes with a final measure containing a quarter rest.

Exercise #11: "Chuggada"

Exercise #11: "Chuggada" is a snare drum exercise in 5/8 time. It consists of three staves of music. The first staff contains four measures of eighth-note patterns with accents, with drum notation 'R L R L R L R L' and 'R L R L R L R L' below. The second staff contains four measures of eighth-note patterns with accents, with drum notation 'R L R L R L R L' and 'R L R L R L R L' below. The third staff contains four measures of eighth-note patterns with accents, with drum notation 'R L R L R L R L' and 'R' below. The exercise concludes with a final measure containing a quarter rest.

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"Chuggada": Sample Pattern Options

Replace Alternating Flams with Any Rudiments or Patterns

Singles

Musical notation for the 'Singles' pattern. It consists of three measures in different time signatures: 5/8, 6/8, and 2/4. The 5/8 measure contains the rhythm R L R L R L R L R L L. The 6/8 measure contains R L R L R L R L R L R L. The 2/4 measure contains R. The pattern is marked with accents (>) and includes sixteenth-note groupings with a '6' above them. The notation ends with 'etc.'.

Rolls

Musical notation for the 'Rolls' pattern. It consists of three measures in different time signatures: 5/8, 6/8, and 2/4. The 5/8 measure contains the rhythm R L R L R L R L R L. The 6/8 measure contains R L R L R L R L R L R L. The 2/4 measure contains R. The pattern is marked with accents (>) and includes sixteenth-note groupings. The notation ends with 'etc.'.

Flam Taps

Musical notation for the 'Flam Taps' pattern. It consists of three measures in different time signatures: 5/8, 6/8, and 2/4. The 5/8 measure contains the rhythm R L R L R L R L L L. The 6/8 measure contains R L R L R L R L R L R L. The 2/4 measure contains R R L L R R L L. The pattern is marked with accents (>) and includes sixteenth-note groupings. The notation ends with 'etc.'.

Swiss Army Triplets

Musical notation for the 'Swiss Army Triplets' pattern. It consists of three measures in different time signatures: 5/8, 6/8, and 2/4. The 5/8 measure contains the rhythm R L R L R L R R L R R L. The 6/8 measure contains R L R L R L R L R L R L. The 2/4 measure contains R R L R R L R R L R R L. The pattern is marked with accents (>) and includes triplet markings (3) over groups of notes. The notation ends with 'etc.'.

