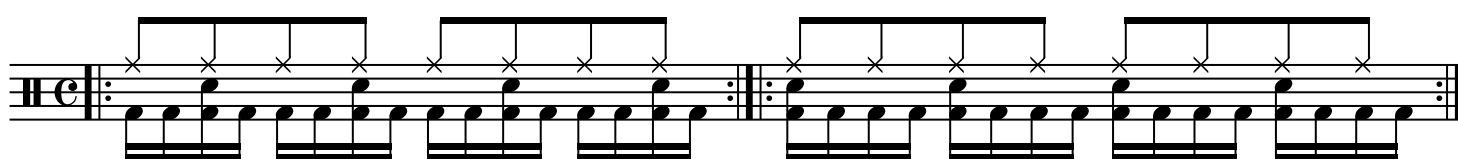


Double Bass Exercises

As with all drum exercises, the key to speed is the ability to play in control at slower tempos. Focus on precision playing with no flammings between the kick, snare or hi-hat parts. Your challenge is to play at the tempos indicated above each exercise, with a metronome, for a minimum of 30 seconds. No drifting!

BPM = 50 80 110 130 150 170

BPM = 50 80 110 130 150 170

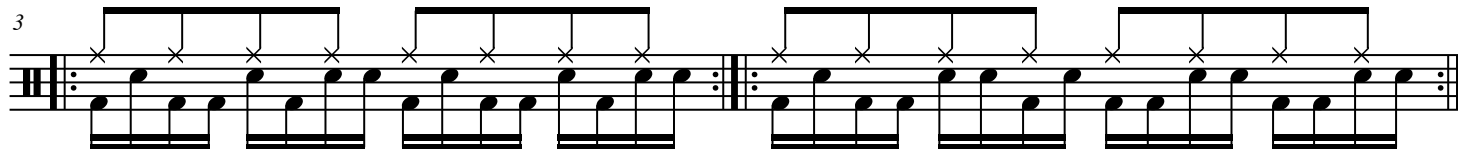


Exercise 1: A double bass exercise in 4/4 time. The first measure consists of four groups of eighth notes, each group containing a quarter note followed by an eighth note. The second measure is identical. Above the first four groups of eighth notes in each measure are 'x' marks, indicating snare or hi-hat hits. The exercise is repeated twice, with BPM markings of 50, 80, 110, 130, 150, and 170 above each measure.

BPM = 50 80 110 130 150 170

BPM = 50 80 110 130 150 170

3

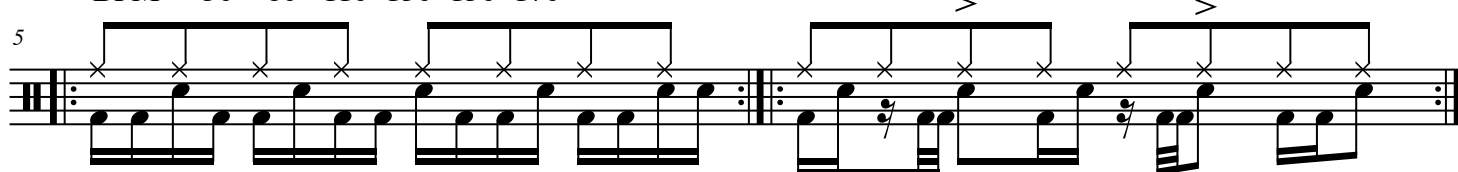


Exercise 2: A double bass exercise in 4/4 time. The first measure consists of four groups of eighth notes, each group containing a quarter note followed by an eighth note. The second measure is identical. Above the first four groups of eighth notes in each measure are 'x' marks, indicating snare or hi-hat hits. The exercise is repeated twice, with BPM markings of 50, 80, 110, 130, 150, and 170 above each measure. A '3' is written below the first measure.

BPM = 50 80 110 130 150 170

BPM = 50 80 110 130 150 170

5

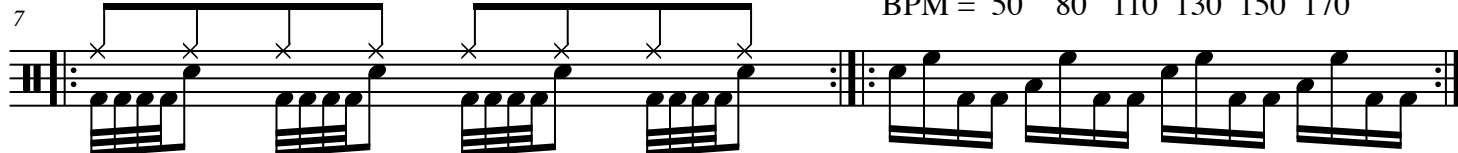


Exercise 3: A double bass exercise in 4/4 time. The first measure consists of four groups of eighth notes, each group containing a quarter note followed by an eighth note. The second measure is identical. Above the first four groups of eighth notes in each measure are 'x' marks, indicating snare or hi-hat hits. The exercise is repeated twice, with BPM markings of 50, 80, 110, 130, 150, and 170 above each measure. A '5' is written below the first measure. The second measure of the second iteration has accents (>) over the eighth notes.

BPM = 50 80 110 130 150 170

BPM = 50 80 110 130 150 170

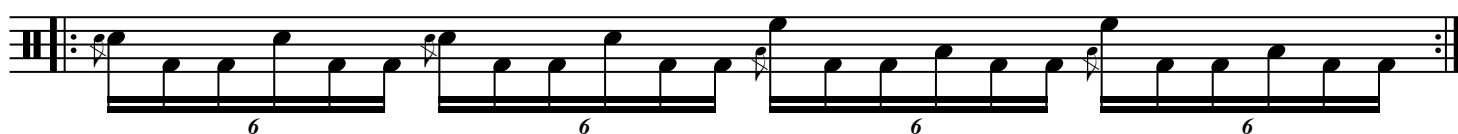
7



Exercise 4: A double bass exercise in 4/4 time. The first measure consists of four groups of eighth notes, each group containing a quarter note followed by an eighth note. The second measure is identical. Above the first four groups of eighth notes in each measure are 'x' marks, indicating snare or hi-hat hits. The exercise is repeated twice, with BPM markings of 50, 80, 110, 130, 150, and 170 above each measure. A '7' is written below the first measure.

BPM = 50 80 110 130 150 170

9



Exercise 5: A double bass exercise in 4/4 time. The first measure consists of four groups of eighth notes, each group containing a quarter note followed by an eighth note. The second measure is identical. Above the first four groups of eighth notes in each measure are 'x' marks, indicating snare or hi-hat hits. The exercise is repeated twice, with BPM markings of 50, 80, 110, 130, 150, and 170 above each measure. A '9' is written below the first measure. The eighth notes in each group are beamed together, and there are '6' markings below each group of eighth notes.