

Rudiments

Rudiments should be practiced every day with an emphasis on proper technique. Go to mitsound.com to see audio/video examples of each rudiment being played (courtesy of Vic Firth). Work on your sticking first, playing each rudiment for 60 seconds without breaks or stopping. The last 15 seconds of the drill should be a "sprint to the finish". Then add kick drum on the quarter notes and the hi-hat pedal on counts 2 and 4, focusing on accurate timekeeping.

Once you are able to play a rudiment using all four limbs and without looking at the page, you are ready to begin distributing the rudiments around the set.

1 e & a 2 e & a 3 e & a 4 e & a

Single Stroke Four
(Practice each row individually)

Single Stroke Roll R L R L R L R L R L R L R L R L
 Double Stroke Roll R R L L R R L L R R L L R R L L
 Paradiddle R L R R L R L L L R L R R L R L L

R L R L R L R L R L R L R L R L
 L R L R L R L R L R L R L R L R

6 6 6 6

Single Stroke Seven

Double Paradiddle Paradiddle Diddle (top row)
(bottom row)

RLRLRLR LRLRLRL R L R L R R L R L R L L L
 R L R R L L R L R R L L

1 & 2 & 3 & 4 & 3 3

Flams

Flam Accent

LR RL LR RL LR RL LR RL LR L R RL R L

Flam Tap (top)
Inverted Flam Tap (bottom)

Flam Paradiddle (top)
Flammed Mill (bottom)

Drag

LR RRL L LR RRL L LR L R R RL R L L LLR RR L
 LR L RL R LR L RL R LR R L R RL L R L

6 6

"Lesson 25"
(Practice each row individually)

Dragadiddle

LR L R R L L RL R L L R R LLR L R LLR L R RR L R R LL R L L
 RR L R L RR L R L

3 3 3 3

Ratamacue

Double Ratamacue

LLR L R L RR L R L L LR LLR L R L RR L RR L R L R