

Two with the hands & One with the foot.

Lets look at the basic sticking first. For this sheet we are going to play R L K


There is also L R K and alternating between RLK/LRK to practice!

R L K etc.... L R K etc.... R L K L R K etc....



Once your comfortable with the basic sticking it's time to start orchestrating it around the drum set.

Keep your Left hand on the Rack Tom and start with the Right hand on the Floor Tom, Then move the Right hand back and forth between the Floor Tom & Snare Drum.



Moving our Left Hand around the kit

Alternating between Snare/Rack tom Using 2 Toms



Cross-Overs

A Cross-Over is where both hands cross over each other. All exercises are still played R L K Make sure your hands have enough room when crossing. Generally the Right crosses over the Top and Left underneath.



There are lots of different ways to play it around the kit. See if you can come up with your own.

Adding Hi-Hats Adding a 3rd tom Up & Down



Adding the Hi-Hat Foot when you play the Right hand. This will help timing & reinforce the Quarter Note Pulse.

.We don't always have to play it in 12/8 or Triplets. Here it is in 4/4 as a bar of 8th notes and a bar of 16th Notes.

