

Double strokes



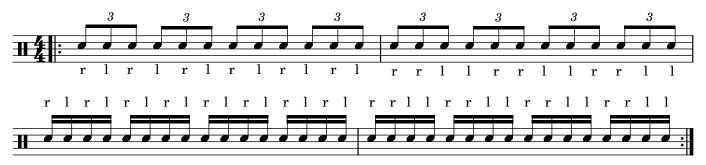
Double strokes are two strokes per hand. RR & LL

Practice this drill to a metronome to make sure you're keeping consistant tempo when changing between Subdivisions. Start slow and increase the BPM in small incruments making sure to line up with the click. Inverted Doubles start on the 2nd stroke of the doubles rllr or lrrl.

Changing Between Singles & Double In Triples



Changing Between Singles & Double In Triples & 16th Subdivions



Inverted Double Strokes In Triples - Practice one bar at a time & then repeat both bars together



Inverted Double Strokes In 16th Notes - Practice one bar at a time & then repeat both bars together



Inverted Double Strokes & Changeing Subdivisions



Inverted Double Strokes In 16th Notes Changing After 16, 8 & 4

