

Double strokes are two strokes per hand. RR & LL

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

Changing Between Singles & Double In Triples

Changing Between Singles & Double In Triples & 16th Subdivisions

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 & Changing Subdivisions

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