

# Gavin Harrison Paradiddle Exercise



Playing a paradiddle with the hands we are going to add a series of dotted 8th notes underneath with the feet

Go slow and make sure you line up the foot ostinato with the correct sticking of the paradiddle rudiment with the hands. This will create a nice 4 over 3 (or 8 over 6) polyrhythm between the accented strokes.

Dotted 8th notes go for the length of three 16th note

Play every 3rd stroke of the paradiddle (dotted 8th notes) with the Bass drum (right foot)

R l r r L r l l R l r r L r l l R l r r L r l l

2

Play every 3rd stroke of the paradiddle (dotted 8th notes) with the Hi-hat pedal (left foot)

R l r r L r l l R l r r L r l l R l r r L r l l

3

Alternate dotted 8th notes between the Bass drum pedal (right foot) and Hi-hat pedal (left foot)

R l r r L r l l R l r r L r l l R l r r L r l l

4

Play the dotted 8th notes as a paradiddle between Bass drum pedal (right foot) and Hi-hat pedal (left foot)

R l r r L r l l R l r r L r l l R l r r L r l l

5

Play the paradiddle as triplets and the foot ostinato as quarter notes. this gives a 3 over 4 polyrhythm

R l r r L r l l R l r r L r l l R l r r L r l l

6