

Changing Subdivisions

Going up and down our basic subdivisions. 1/4 notes, 8th notes, 16th notes, 8ths notes back to 1/4 notes
Changing every bar.

Practice this drill to a metronome to make sure you're keeping constant tempo when changing between changes. Start slow and increase the BPM in small increments making sure to line up with the click.

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

8 Per hand & Both hands together

8 Right hand strokes (8th notes) then 8 Left hand stroke then Both hands together playing 16th notes
note the hands.

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

Singles, Doubles & Paradiddles

Transitioning between one bar of Single Strokes, one bar of Double Strokes & one bar of Paradiddles
playing constant 16th notes, make sure to keep them even.

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

Singles & Doubles

Playing the doubles twice as fast as the single strokes play one bar changing every beat and one bar
changing every two beats.

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

Changing from Straight subdivisions to Triples

Play one bar of 8th notes (2 per beat), one bar of 8th note triplets (3 per beat), one bar 16th notes (4 per beat)
and back down to one bar of 8th note triplets and starting the exercise over with one bar of 8th notes.