

### Basic Sticking

A single on one hand & a double on the other. Rll or Lrr. Play the single stroke as an accent and the double stroke as ghost notes.

Practice leading with both the Right & the Left. It's a good idea to use a metronome when practicing this drill to make sure you're keeping even time when changing between the single & the doubles. Start slow and increase the BPM in small increments making sure to line up with the click.

Start moving the accent around the kit and keep the doubles as ghost notes on the snare drum.

Alternate the Rll & Lrr as a 2 bar pattern (starting with the doubles in the 2nd bar)

Play the sticking in 4/4 Time with single stroke accents to round off the pattern. Then play the accents around the kit with the doubles (ghost notes) on the snare drum.

Use this sticking to play a 12/8 haltime groove. Make sure the ghost notes are very quiet and the back beat accent nice and strong. First use the hihat & snare and then the ride and hihat.

Add a kick at the end of the sticking to make a 4 note phase. Move the accent around the kit.