



Earlier, you learned your first rudiment, the Single Stroke Roll. Now it's time to learn the DOUBLE STROKE ROLL, which is important to eventually master. In a double stroke roll, each hand plays two notes, rather than alternating. These hits should be even and the same volume as each other.

Double Stroke Roll

R R L L

At first, it is normal to try each hand individually. Once you get used to it, try going from one hand to the next without stopping in between. Your goal is to make a seamless, repeating loop that goes back and forth but sounds like continuous hits.

With time, you will get faster as your muscles memorize the patterns. Focus on accuracy and speed will eventually come. To reach fast speeds, it will be important to use the "stick bounce" as part of the motion. This will allow faster notes with very little effort.



Using a metronome set for 70 BPM, play the exercise below for 60 seconds.

This should be done on a practice pad or snare drum. Increase the BPM speed as you are able. Remember to count out loud with each click of the metronome. (4 clicks = 4 counts). R = right hand, L = left hand.

Exercise 1

1 +
R L

2 +
R L

3 +
R R

4 +
L L

Exercise 2

1 +
R R

2 +
L L

3 +
R R

4 +
L L



Exercise 3

1 +
R L

2 +
R L

3 e + a
R R L L

4 e + a
R R L L

Exercise 4

1 +
R R

2 +
L L

3 e + a
R R L L

4 e + a
R R L L

Exercise 5

1 e + a
R L R L

2 e + a
R L R L

3 e + a
R R L L

4 e + a
R R L L

NOTE: It is important to also run through these exercises starting on the left hand.