



The first rudiment is probably the most natural one in the bunch - and you already know it! All it requires is just alternating your hands back and forth, back and forth, right left, right left. Easy, right?

Focus On Even Strokes

The primary focus here is to play clean, evenly-spaced strokes. Try your best to not clump the strokes together or have them too far apart. This takes some practice, but playing along with a metronome will help you learn to play at an even, steady tempo.

Focus On Even Volume

Another area to focus on is trying your best to keep the strokes at an even volume with one another. Basically, this means paying attention to not hitting one hand harder than the other which would result in a louder note. As you improve and get faster, it will be important to keep the notes sounding at the same volume, producing a smooth, even sound.

Single Stroke Roll

R L R L



Using a metronome set for 70 BPM, play the exercise below for 60 seconds. This exercise is designed for playing on a practice pad, snare drum, or even tapping on your legs with your hands. The focus is on developing accurate timing for each note. Remember to count out loud with each click of the metronome. (4 clicks = 4 counts). R = right hand, L = left hand.

1	2	3	4	1	2	3	4
R	L	R	L	R	L	R	L