

# Pad Exercises - Sixteenth Note Triplet



This exercise focuses on eighth note and sixteenth note triplets, using single and double strokes. Be sure to notice the accent on each count. **Using a metronome, play each line, moving through without stopping. When you finish the last line, start again at the top.** This exercise should be a continuous loop. As you feel comfortable, increase the speed of the metronome.

## Exercise 1 - Single Strokes

### 1 trip let

>  
R L R

### 2 trip let

>  
L R L

### 3 trip let + trip let

>  
R L R L R L

### 4 trip let + trip let

>  
R L R L R L

## Exercise 2 - Double Strokes

### 1 trip let

>  
R L R

### 2 trip let

>  
L R L

### 3 trip let + trip let

>  
R R L L R R

### 4 trip let + trip let

>  
L L R R L L

## Exercise 3 - Single Strokes

### 1 trip let + trip let

>  
R L R L R L

### 2 trip let + trip let

>  
R L R L R L

### 3 trip let + trip let

>  
R L R L R L

### 4 trip let + trip let

>  
R L R L R L

## Exercise 4 - Double Strokes

### 1 trip let + trip let

>  
R R L L R R

### 2 trip let + trip let

>  
L L R R L L

### 3 trip let + trip let

>  
R R L L R R

### 4 trip let + trip let

>  
L L R R L L