



This rudiment uses both of the other rudiments you've learned, combining a pair of singles and then a pair of doubles (called a "DIDDLE"). You can even say the rudiment out loud as you play the pattern, "Pa-ra-di-ddle, Pa-ra-di-ddle," and it matches the hits.

## Paradiddle

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R      L      R      R                      L      R      L      L

You will notice that each set of motions starts with a different hand each time.

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                      2                      3                      4  
R                      L                      R                      R

### Exercise 2

1                      2                      3                      4  
L                      R                      L                      L



## Exercise 3

$$\frac{1 \quad +}{R \quad L}$$

$$\frac{2 \quad +}{R \quad R}$$

$$\frac{3 \quad +}{L \quad R}$$

$$\frac{4 \quad +}{L \quad L}$$

## Exercise 4

$$\frac{1 \quad +}{R \quad L}$$

$$\frac{2 \quad +}{R \quad L}$$

$$\frac{3 \quad e \quad + \quad a}{R \quad L \quad R \quad R}$$

$$\frac{4 \quad e \quad + \quad a}{L \quad R \quad L \quad L}$$

## Exercise 5

$$\frac{1 \quad e \quad + \quad a}{R \quad L \quad R \quad L}$$

$$\frac{2 \quad e \quad + \quad a}{R \quad L \quad R \quad L}$$

$$\frac{3 \quad e \quad + \quad a}{R \quad L \quad R \quad R}$$

$$\frac{4 \quad e \quad + \quad a}{L \quad R \quad L \quad L}$$

## Exercise 6

$$\frac{1 \quad e \quad + \quad a}{R \quad L \quad R \quad L}$$

$$\frac{2 \quad e \quad + \quad a}{R \quad R \quad L \quad L}$$

$$\frac{3 \quad e \quad + \quad a}{R \quad L \quad R \quad R}$$

$$\frac{4 \quad e \quad + \quad a}{L \quad R \quad L \quad L}$$

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