



Using a metronome, play through each exercise, one at a time, for 60 seconds. Be sure to focus on the correct sticking and timing for each pattern. The kick drum is played on each count. As you feel comfortable, increase the speed of the metronome.

Exercise 1

1	e	+	a
sn	sn	sn	sn
k			

2
k

3	e	+	a
t2	t2	t2	t2
k			

4
k

1	e	+	a
sn	sn	sn	sn
k			

2	e	+	a
t1	t1	t1	t1
k			

3	e	+	a
t2	t2	t2	t2
k			

4	e	+	a
t3	t3	t3	t3
k			

Exercise 2

1	e	+
sn	sn	sn
k		

2
k

3	e	+
t2	t2	t2
k		

4
k

1	e	+
sn	sn	sn
k		

2	e	+
t1	t1	t1
k		

3	e	+
t2	t2	t2
k		

4	e	+
t3	t3	t3
k		



Exercise 3

1 sn + a sn sn k	2 k	3 + a t2 t2 t2 k	4 k
1 + a sn sn sn k	2 + a t1 t1 t1 k	3 + a t2 t2 t2 k	4 + a t3 t3 t3 k

Exercise 4

1 e sn sn k	2 k	3 e t2 t2 k	4 k
1 e sn sn k	2 e t1 t1 k	3 e t2 t2 k	4 e t3 t3 k

Exercise 5

1 e a sn sn sn k	2 k	3 e a t2 t2 t2 k	4 k
1 e a sn sn sn k	2 e a t1 t1 t1 k	3 e a t2 t2 t2 k	4 e a t3 t3 t3 k