



A Handful of Patterns = Limitless Possibilities

Music can seem so complex. With so many rhythms and patterns available, the endless choices seem overwhelming and intimidating. What if I told you that there was a small handful of patterns that all worked well together and will unlock an endless amount of music you can make on the drums? Well there is!

We are about to learn SEVEN small rhythmic patterns that are easy to remember AND will open up a new world for you on the drums! They can be used to create beats, fills & almost anything you want. While there are endless possibilities of rhythms in music, these seven patterns make a good foundation because they sound great together and are very common in modern music.

Building Blocks of Music

These patterns (or "rhythmic blocks") are the building blocks of music (on every instrument, not just drums, by the way) and can be used in any order, over and over. Think of them as an endless supply of seven different block types that are available to make whatever music you want! Combine them however you choose, repeat them over and over, use some and not others, IT'S TOTALLY UP TO YOU!

2 Approaches - Counts or "Food Words"

As we learned, using the count as a "map" for playing things is a great tool. For each of these patterns, you will see the proper count. Using correct vocal pronunciation on the rhythm is key here, so make sure you are good on this! If needed, use audio samples or use the videos from the online course to help you.

If counting the rhythmic blocks works for you, then great! However, for some students, these counts are hard to remember. To help make it easier, familiar words are used to assist with memorization. For example, instead of saying "**1 and**," you would say, "**PI - ZZA**."

Using words can help you "feel" and understand the rhythm. Syllables define the rhythm and help you understand the syncopation. Just be careful as you are learning them to pronounce them exactly like the count. Again, it will be very helpful to use audio samples or use the videos from the online course to help you.

Feeling Silly?

I realize that saying "food words" may seem a little corny, but it really works! If it bothers you then you can just use the count method above. Life is more fun with choices, so I give you both options. Find the one that works best for you!



A Little Memorization Goes A Long Way

In order for these patterns to become very familiar to you, you need to memorize them. Once you use them for a bit and practice them, they will become second nature, trust me. You won't have to think of them as counts or "food words," you will just hear them in your head and play them whenever you want. Let's get going!

Set 1

So good news and surprise, you already know the first three! These are the same notes and subdivisions we learned in Lesson 7. We are simply adding the food word as an option, but the count stays the same. Note the red circle showing where the metronome hits with these.

Quarter Note

○
"1"

○
"Pie"

Eighth Note

○
"1 +"

○
"Pi-zza"

Sixteenth Note

○
"1 E + A"

○
"Pe-ppe-ro-ni"

NOTE: I used "1" count above, but the patterns work the same for counts "2, 3 & 4," as well.

○ - metronome click

Soon we will start using these as the building blocks for fills. Once you understand how these patterns sound and fit within the beat, you will have limitless combinations for fills and rhythms at your fingertips.

Lesson 10 - Rhythmic Blocks



These patterns sound great together. Try them out on the snare drum or using a practice pad. Notice that parts of the count are grayed-out in each oval. While we only play and say the black part, it's important to realize that the 16th note spaces are still there, taking up space, even if they are not used.

Set 1

Exercise 10-1

1 E + A pie	2 E + A pie	3 E + A pizza	4 E + A pie
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Exercise 10-2

1 E + A pizza	2 E + A pizza	3 E + A pepperoni	4 E + A pie
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Exercise 10-3

1 E + A pepperoni	2 E + A pepperoni	3 E + A pizza	4 E + A pie
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Exercise 10-4

1 E + A pizza	2 E + A pizza	3 E + A pepperoni	4 E + A pepperoni
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Exercise 10-5

1 E + A pepperoni	2 E + A pizza	3 E + A pie	4 E + A pepperoni
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Set 2

The final four rhythmic block patterns are all based off of sixteenth notes. There are four sixteenth notes to each beat, but different rhythms can be created by not playing all four notes. Leaving different gaps creates unique sounding patterns that are widely used in music. Notice that the counts in BLUE are the only part that's played - the gray counts represent the gaps.

○
 "1 E + A"
 R L R

○
 "Co-co-nut"
 R L R

○
 "1 E + A"
 R R L

○
 "Straw-be-rry"
 R R L

○
 "1 E + A"
 R L

○
 "Chi-cken"
 R L

○
 "1 E + A"
 R L L

○
 "Bu-rrri-to"
 R L L

It is important to be aware of the timing of all four sixteenth notes ("1 E + A") because even though we will not be playing them all, we must realize that the unused notes are still there "hiding" silently. The silent notes are grayed-out and only the blue notes should be played or spoken out loud.

Also, be sure to use the proper "sticking" shown underneath each pattern indicating which hand should play the note.

NOTE: I used "1" count above, but the patterns work the same for counts "2, 3 & 4," as well.

○ - metronome click

Lesson 10 - Rhythmic Blocks



These patterns sound great together. Try them out on the snare drum or using a practice pad. Notice that parts of the count are grayed-out in each oval. While we only play and say the black part, it's important to realize that the 16th note spaces are still there, taking up space, even if they are not used.

Set 2

Exercise 10-6

1 E + A pepperoni	2 E + A pepperoni	3 E + A pizza	4 E + A strawberry
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Exercise 10-7

1 E + A pepperoni	2 E + A pizza	3 E + A coconut	4 E + A strawberry
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Exercise 10-8

1 E + A coconut	2 E + A chicken	3 E + A strawberry	4 E + A coconut
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Exercise 10-9

1 E + A burrito	2 E + A burrito	3 E + A pizza	4 E + A strawberry
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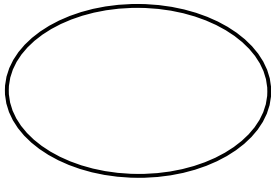
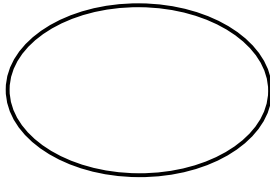
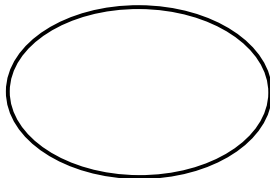
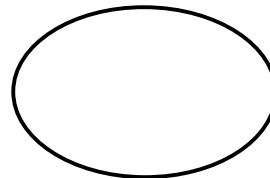
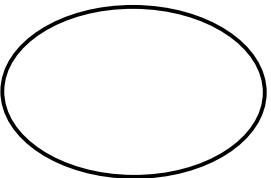
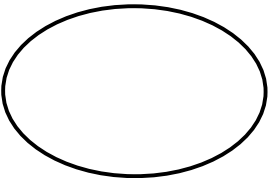
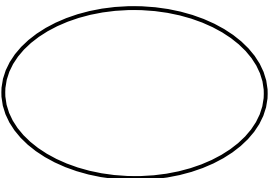
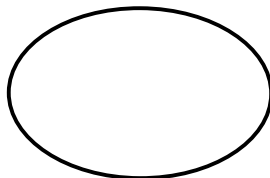
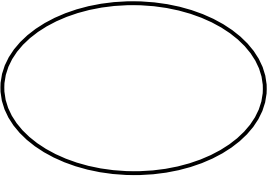
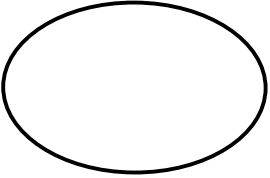
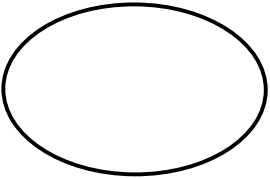
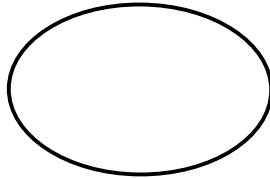
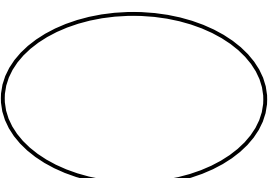
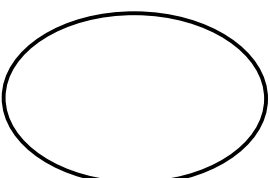
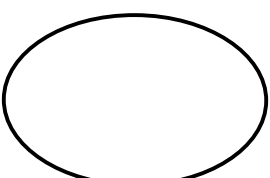
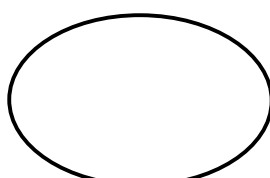
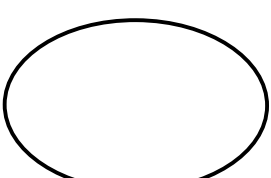
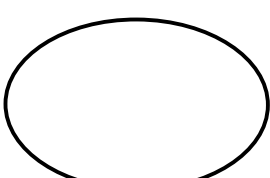
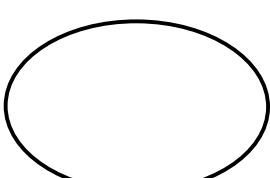
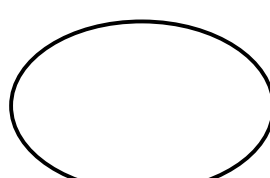
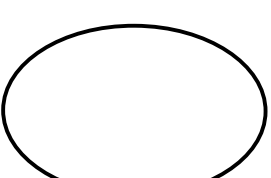
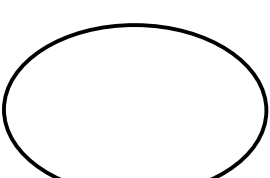
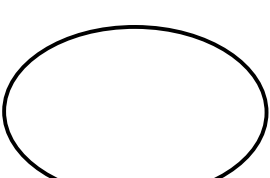
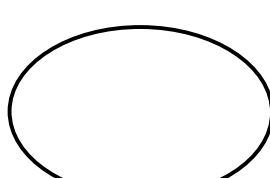
Exercise 10-10

1 E + A pepperoni	2 E + A chicken	3 E + A strawberry	4 E + A burrito
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Lesson 10 - Rhythmic Blocks



Use these blank ovals to create your own "rhythmic block" combinations and see how they sound!



15 minutes per day

Lesson 10 - "Hands On" Exercises

- Practice saying each "block." Be very clear on your pronunciation. (Use video samples)
- Practice saying each "block" with a metronome set to 70 BPM. Focus on correct timing and pronunciation.
- With a metronome set to 70 BPM, practice Exercises 10-1 thru 10-10. On the snare drum, play each exercise 4 times in a row. As you improve, increase the speed on the metronome. The patterns sound even better at faster tempos.
- Using blank oval sheets, create your own combinations and practice playing them.

Why It Matters

Soon we will start using these as the building blocks for fills. Once you understand how these patterns sound and fit within the beat, you will have limitless combinations for fills and rhythms at your fingertips.

Common Mistakes To Avoid

Be sure to focus on correct placement of all the notes within these rhythmic blocks. Learning the correct way to say and play each of them is crucial to learning how to make music with them moving forward. If needed, refer to audio and video samples until you are clear how each one should sound.