

TECHNIQUE WORKOUT: EXERCISES

Exercise #20: "Flam Tap Rebound"

As the speed increases on Flam Taps, it becomes necessary to play rebound strokes instead of controlled strokes. Use a full stroke on the accent, but allow the stick to rebound for the second and third notes. The third note becomes the grace note for the opposite hand flam.

RRR RRR RRR RRR RRR RRR RRR RRR RR L RR L RR L RR L
LLL LLL LLL LLL LLL LLL LLL LLL LL R LL R LL R LL R

Exercise #21: "Flam Accents and Single Drags"

Use this exercise to isolate the alternating motion of the hands on Flam Accents and Single Drags.

R L R L R L R L R L R L R L R L R L R L R L R L R L
R L R L R L R L R L R L R L R L R L R L R L R L R L

Exercise #22: "Flams, Drags and Rolls"

The two height motion in the first measure should be exactly the same in the second. Play the accents at 9 inches and taps at 3.

R L R L R L R L R L R L R L R L R L R L R L R L
R L R L R L R L R L R L R L R L R L R L R L
R L R L R L R L R L R L R L R L R L R L R L

Exercise #23: "Triplet Timing"

This exercise works on the rhythmic timing of triplet patterns. Play at a consistent volume level with REBOUND strokes.

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L
R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L