Graeme Francis - Stick Control

5. Alternating Triplets

Workout: Double strokes; filling in the shuffle pattern; single and double stroke combinations

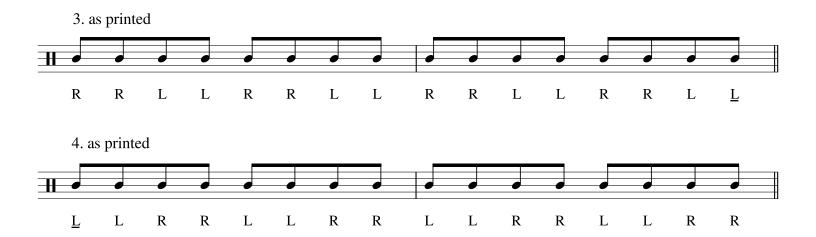
For each R, play three alternating triplet sixteenth notes (R = RLR) and for each L, play three triplet sixteenths (L = LRL). The large letter stickings below correspond to the stickings of the originial exercise, and the smaller stickings fill in the remainder of the triplet. Try playing all notes as evenly as possible at first, and then try adding accents to different parts of the triplet.



1. with alternating triplets



When you see two or more R's or L's in a row, you'll end up with double strokes - exercise #3 is a good example. Note that where doubles occur, they play shuffle or swung eighths (the first and third parts of the triplet). Watch out for consecutive R's and L's from the end of one exercise to the beginning of the next, as with #3-4, below. The continued triplet stickings are underlined at the end of #3:



3. with triplets



 $R \; \mathsf{L} \; \mathsf{R} \; \mathsf{L} \; \mathsf{L} \; \mathsf{R} \; \mathsf{L} \; \mathsf{$

4. with triplets



 $\underline{L} \,\, \underline{\scriptscriptstyle R} \,\, \underline{\scriptscriptstyle L} \,\, R \,\, \underline$