


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 original 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. as printed



Musical notation for exercise 1 as printed, showing four measures of music in 4/4 time. Each measure contains a triplet of eighth notes. The stickings are: R L R L R L R L, R L R L R L R L.

1. with alternating triplets



Musical notation for exercise 1 with alternating triplets, showing four measures of music in 4/4 time. Each measure contains a triplet of eighth notes. The stickings are: 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.

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. as printed



Musical notation for exercise 3 as printed, showing four measures of music in 4/4 time. Each measure contains a triplet of eighth notes. The stickings are: R R L L R R L L, R R L L R R L L.

4. as printed



Musical notation for exercise 4 as printed, showing four measures of music in 4/4 time. Each measure contains a triplet of eighth notes. The stickings are: L L R R L L R R, L L R R L L R R.

