

Double Stroke Workout Variation 1

Graeme Francis

Once you've got the initial triplet pattern under your hands, you can apply these patterns to drum set as well, where these exercises will develop interdependence of the limbs.

Note: the goal here is to absorb this rhythmic/coordination vocabulary so that it can be integrated into a real playing situation when musically appropriate. Simply learning the variations cannot be the final goal - musical application is key, which means these patterns won't always be appropriate. Always listen to what's going on on the bandstand, and respond to your colleagues' playing as musically as possible!

Variation 1. Instead of alternating between the hands, alternate between the snare drum (LH only, RH only, or alternating) and bass drum. Again, start slowly, and be disciplined about your choice of tempo.

