

Doubles McGee

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I'm not sure where this name comes from - I think I had to call the exercise something during a lesson, it was a funny idea at the time, and it stuck! This isn't a very complicated exercise, but I find it very effective. It will help you even out your double strokes by placing them inside triplet figures where it is harder to accent the first of each pair. Be sure to do this exercise leading with both hands. In #1 the right hand leads, and in #2 the left leads.

Start this exercise around quarter-note = 70 bpm and speed up very incrementally, so you get the feeling of transitioning from two single strokes with each hand (easy to do at 70bpm) to allowing the stick to bounce twice, which you'll have to do as you increase the tempo.

You will find that as you develop your hands, there will be a range of tempos in which you can do this exercise as either single strokes or double strokes. The wider that tempo range becomes, the more versatile your hands will be!

1. R R R R R R R R R L L R R L L R R L L R
 2. L L L L L L L L L R R L L R R L L R R L

Once this is comfortable at a range of tempos, do each of these bars twice to further test your comfort and evenness of double strokes within triplets.

1. R R R R R R R R R R R R R R R R R R
 2. L L L L L L L L L L L L L L L L L L

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