



Grohl Nails the Swiss Triplet

The Swiss Triplet in its rudimentary form is written below. Aim to be comfortable leading with both hands, this will benefit you greatly in the future:

Sticking: IR r l IR r l etc
 rL l r rL l r etc

Drum Set

Dave Grohl orchestrates these in quarter note groupings around the kit. Although it is not notated, try to open up your sticking and accent each stroke. This is a powerful fill, and should be played as such. Aim for a speed upwards of 170bpm:

Drum Set