

1) For the first exercise, we are going to accent the first of each group of four. This falls on a right hand:

Sticking: R l r l

Drum Set 

2) Next, we push the accent back one 1/16th note, and it falls on a left hand:

Sticking: r L r l

Drum Set 


3) The accent is now back on a right hand, with the third beat of each group of four:

Sticking: r l R l


Drum Set 

4) Finally, we accent the last beat, with a left hand:

Sticking: r l r L

Drum Set 

5) Once you are comfortable with the above exercises, it is time to combine them. Aim to switch between each part without dropping any notes or losing time. Try to keep the changes seamless. Keeping the hihat on the 1/4 note represents an extra challenge, but is well worth the effort as the contrast between the accents and the 1/4 note pulse generates rhythmic interest:

Drum Set 

Dr. ³ 