



Triplet Doubles

The basic exercise (which isn't that basic really) is as follows:

Drum Set

You will probably need to start very slow to get those two bass drums in between each hihat hit. It feels very unnatural at first, but in time you'll be fine with it.

The challenge is in speeding it up so that it is useable at common tempos.

Here are a couple of other cool variations, but these aren't on the video. These variations are probably more useful in a musical context because they are less intense but no less interesting:

1)

Drum Set

2)

Drum Set