

115

Single Beat Combinations

(Read downward)

1

* R L R L R L R L R L R L R L

2

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

3

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

4

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

5

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

6

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

7

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

8

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

9

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

10

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

11

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

12

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

13

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

14

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

15

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

16

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

17

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

18

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

19

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

20

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

21

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

22

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

23

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

24

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

* R = right stick
L = left stick

Repeat each exercise 20 times

Start 60 Bpm Tap Right foot with
- Bring Metronome
Kick in

(Read downward)

Short Roll Combinations (Single Beat Rolls)

1 
R L R L R L R L R L R L R L R L R L

13 
R L R L R L R L R L R L R L R L R L

2 
L R L R L R L R L R L R L R L R L R

14 
L R L R L R L R L R L R L R L R L R

3 
R R L L R L R L R L R R L L R L R L R L R L

15 
R R L L R L R L R L R R L L R L R L R L R

4 
L L R R L R L R L R L L R R L R L R L R L R

16 
L L R R L R L R L R L L R R L R L R L R L

5 
R L R R L R L R L R L R L L R L R L R L R L

17 
R L R R L R L R L R L R L L R L R L R L R

6 
R L L R L R L R L R L R R L R L R L R L R L

18 
R L L R L R L R L R L R R L R L R L R L R

7 
R R L R L R L R L R L L R L R L R L R L R L

19 
R R L R L R L R L R L L R L R L R L R L R

8 
R R R L R L R L R L R R R L R L R L R L R L

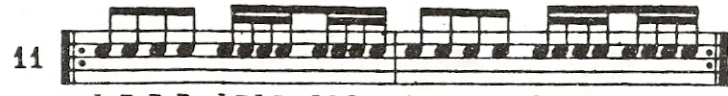
20 
R R R L R L R L R L R R R L R L R L R L R

9 
L L L R L R L R L R L L L R L R L R L R L R

21 
L L L R L R L R L R L L L R L R L R L R L

10 
R L L L R L R L R L R L L L R L R L R L R L

22 
R L L L R L R L R L R L L L R L R L R L R

11 
L R R R L R L R L R L R R R L R L R L R L R

23 
L R R R L R L R L R L R R R L R L R L R L

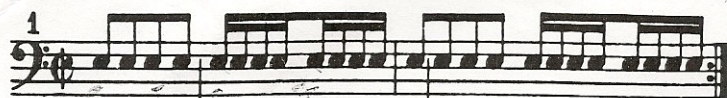
12 
R R R R L R L R L R L L L L R L R L R L R L

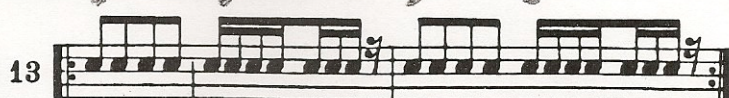
24 
R R R R L R L R L R L L L L R L R L R L R

S

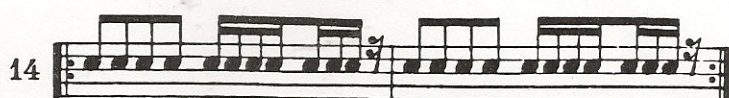
* Repeat each exercise 20 times

Short Roll Combinations (Double Beat Rolls)

1 
RLRL RRL RRL RLRL RRL RRL
9 stroke open roll

13 
RLRL RRL RRL RLRL RRL RRL
7 stroke open roll

2 
LRLR LLRR LLRR LRLR LLRR LLRR

14 
LRLR LLRR LLRR LRLR LLRR LLRR

3 
RRL RRL RRL RRL RRL RRL

15 
RRL RRL RRL RRL RRL RRL

4 
LLRR LLRR LLRR LLRR LLRR LLRR

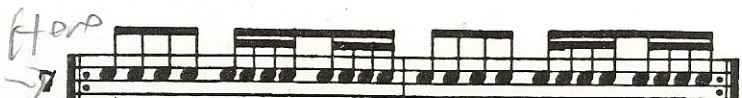
16 
LLRR LLRR LLRR LLRR LLRR LLRR

5 
RLRR LLRR LLRR LRL RRL RRL

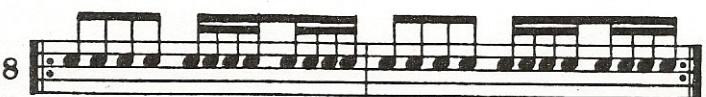
17 
RLRR LLRR LLRR LRL RRL RRL

6 
RLR LLRR LLRR LRL RRL RRL

18 
RLR LLRR LLRR LRL RRL RRL

7 
RRL LLRR LLRR LLRL RRL RRL

19 
RRL LLRR LLRR LLRL RRL RRL

8 
RRL RRL RRL RRL RRL RRL

20 
RRL RRL RRL RRL RRL RRL

9 
LLR LLRR LLRR LLR LLRR LLRR

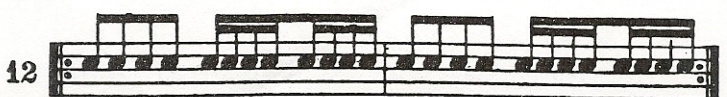
21 
LLR LLRR LLRR LLR LLRR LLRR

10 
RLL RRL RRL RLL RRL RRL

22 
RLL RRL RRL RLL RRL RRL

11 
LRR LLRR LLRR LRR LLRR LLRR

23 
LRR LLRR LLRR LRR LLRR LLRR

12 
RRR LLRR LLRR LLL RRL RRL

24 
RRR LLRR LLRR LLL RRL RRL

8* (See paragraph on page 4 explaining "open roll")