

THE RUDIMENTS:

A Learning Sequence

INCLUDING: APPLICATION EXERCISES AND PROGRESS CHART

Quadrant C

21. Triple Paradiddle
22. Six Stroke Roll
23. Seven Stroke Roll
24. Fifteen Stroke Roll
25. Flam Paradiddle
26. Single Flammed Mill
27. Pataflafla
28. Single Drag Tap
29. Double Drag Tap
30. Single Ratamacue

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Quadrant C, page 2

23. SIX STROKE ROLL

Musical notation for Six Stroke Roll in 4/4 time. The notation shows six groups of strokes, each starting with an accent (>). The strokes are: Group 1: L R R L L R; Group 2: R L L R R L; Group 3: R L L R; Group 4: L R; Group 5: L R; Group 6: L R.

Applied:

Applied musical notation for Six Stroke Roll in 4/4 time, showing four measures of continuous rolls. The notation includes accents (>) and the following stroke patterns: Measure 1: RLRLR RLRLR; Measure 2: RLRLR RL LR; Measure 3: RLRLRLRLRLRLR; Measure 4: RL LRL LRL LR.

TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 75</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 160</i>

24. 15 STROKE ROLL

Musical notation for 15 Stroke Roll in 4/4 time. The notation shows a sequence of strokes: R L, R L, L R, R L, R L, R L. An 'or' is written above the second and third strokes, indicating an alternative phrasing.

Applied:

Applied musical notation for 15 Stroke Roll in 4/4 time, showing four measures of continuous rolls. The notation includes accents (>) and the following stroke patterns: Measure 1: RLRLRLRLRLR; Measure 2: RLRLRLRLRLR; Measure 3: RLRLRLRLRLR; Measure 4: R L, R L.

TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 75</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 160</i>

25. FLAM PARADIDDLE

Musical notation for Flam Paradiddle in 4/4 time. The notation shows a sequence of strokes: L R, L R, R L, R L, L R, L R. Each stroke is accented (>).

Applied:

Applied musical notation for Flam Paradiddle in 4/4 time, showing four measures of continuous rolls. The notation includes accents (>) and the following stroke patterns: Measure 1: RLRR L RLRR L; Measure 2: RLRR L RLRR L; Measure 3: RLRR L RLRR L; Measure 4: RLRR L RLRR L.

TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 50 - 60</i>	<i>m.m. = 70 - 85</i>	<i>m.m. = 90 - 105</i>	<i>m.m. = 110 - 125</i>	<i>m.m. = 130 - 150</i>

