

Doubles

Snare
Quads
Bass

RR RR RR RR R RR RR RR RR LL LL LL LL
RR RR RR RR R RR RR RR RR LL LL LL LL
RR RR RR RR R RR RR RR RR LL LL LL LL

9/8
9/8
9/8

RR RR RR RR R RR RR RR RR
RR RR RR RR R RR RR RR RR
RR RR RR RR R RR RR RR RR

RR RR RR RR R RR RR RR RR
RR RR RR RR R RR RR RR RR
RR RR RR RR R RR RR RR RR

RR RR RR RR R RR RR RR RR
RR RR RR RR R RR RR RR RR
RR RR RR RR R RR RR RR RR

- Hardest of our exercises
- Watch right to left and left to right hand transitions