

Round 1

Keep Rollin' Rollin' Rollin'

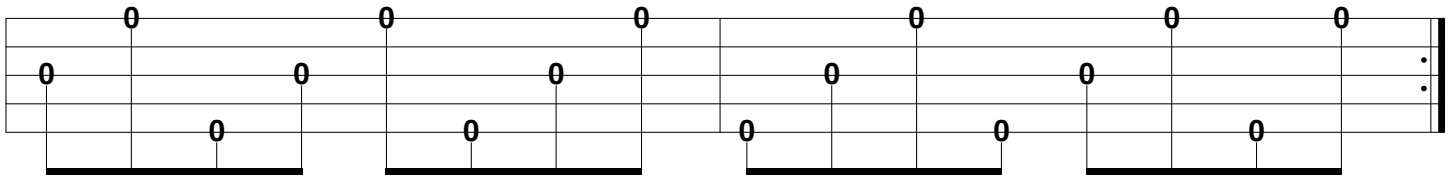


Remember: The best way to increase speed is to practice with a metronome.

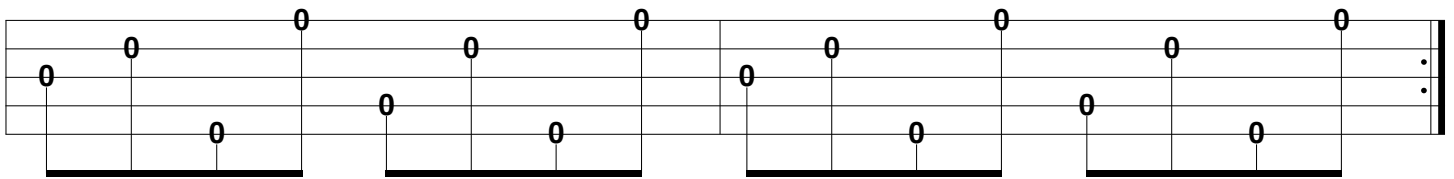
Basic Rolls Round 1

Repeat each example 4 times.

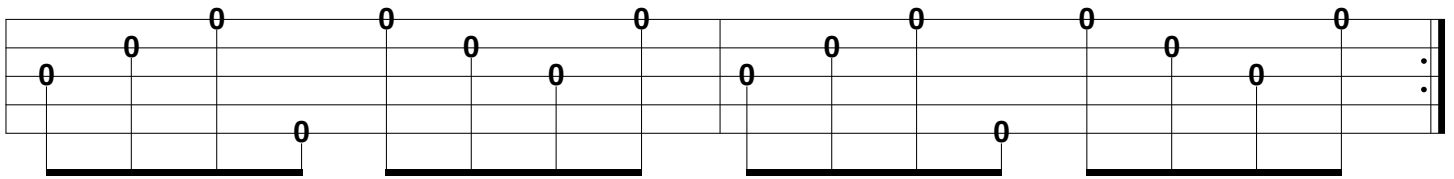
1 Forward Roll



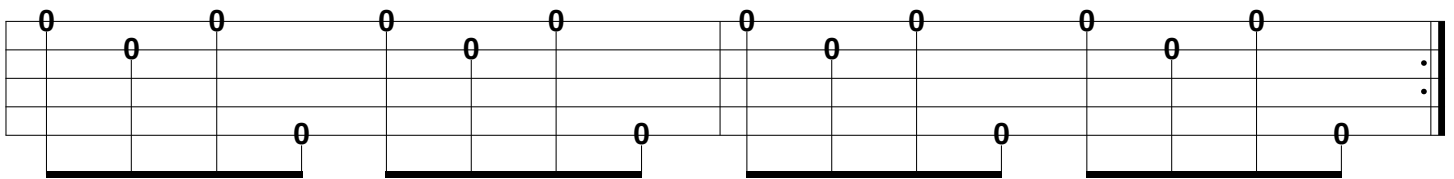
2 Alternating Thumb Roll



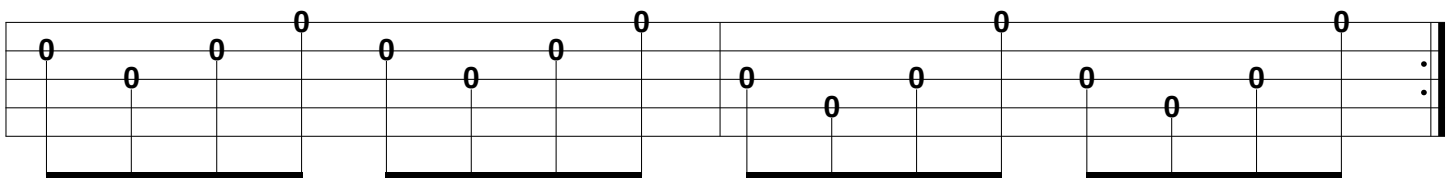
3 Forward-Backward Roll



4 Osbourne Roll

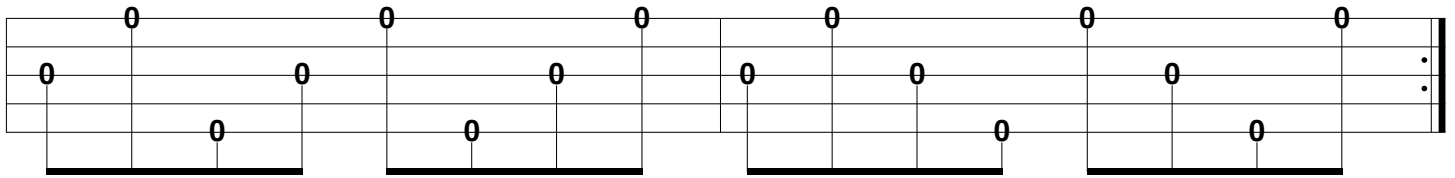


5 Index Leading Roll

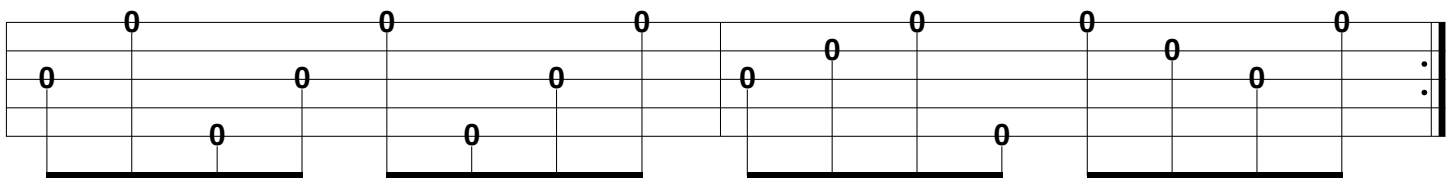


Hybrid Rolls Round 1

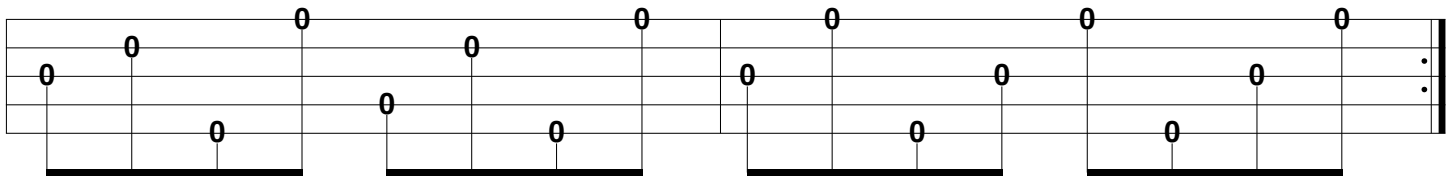
1 Forward To Backward



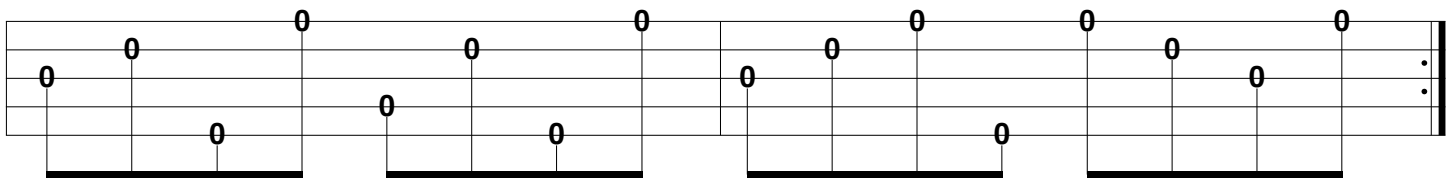
2 Forward To Forward-Backward



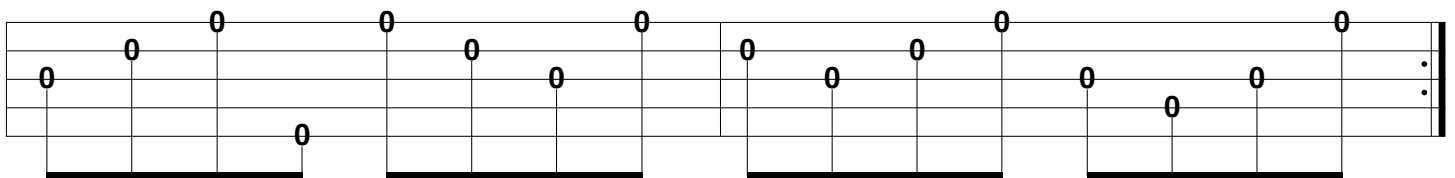
3 Alternating Thumb To Forward



4 Alternating Thumb To Forward-Backward

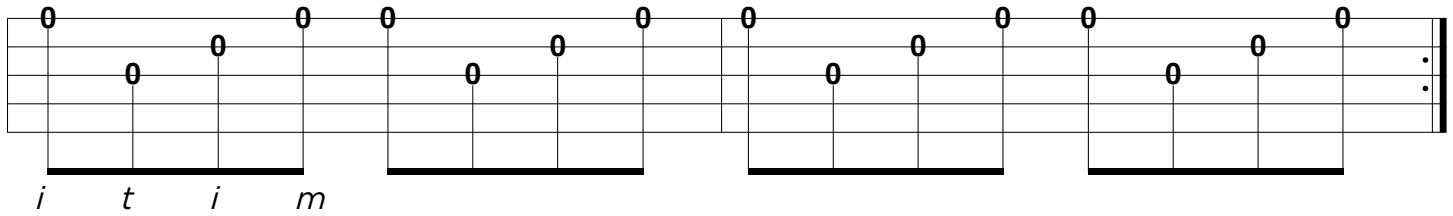


5 Forward-Backward To Index Leading



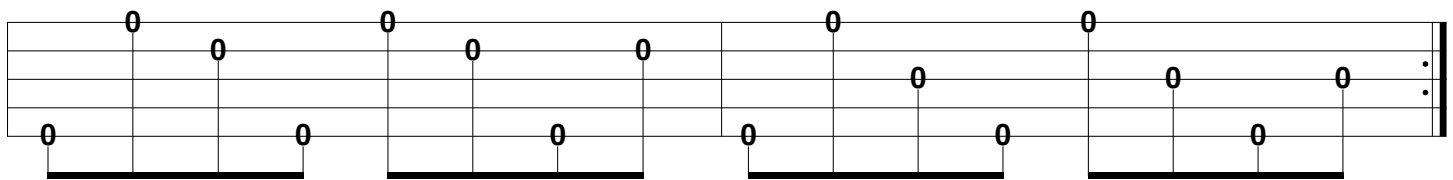
Advanced Rolls **Round 1**

1 Double D Roll



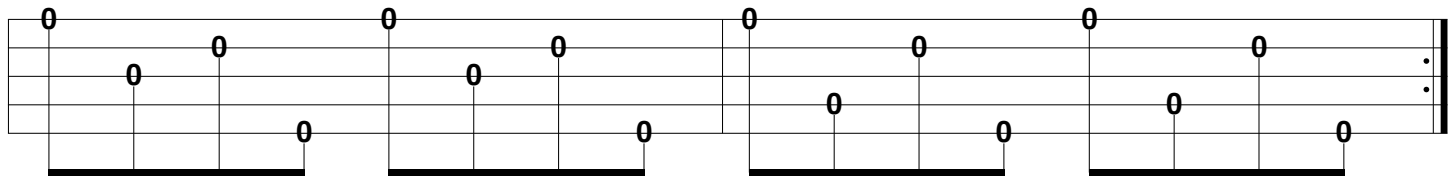
Musical notation for the Double D Roll. It consists of four measures on a six-line staff. The first measure contains notes on strings 1, 2, 3, and 4, with fingerings *i*, *t*, *i*, and *m* respectively. The second measure contains notes on strings 2, 3, 4, and 5. The third and fourth measures each contain notes on strings 3, 4, 5, and 6. A double bar line is placed between the second and third measures. The piece ends with a repeat sign.

2 3-3-2 Roll



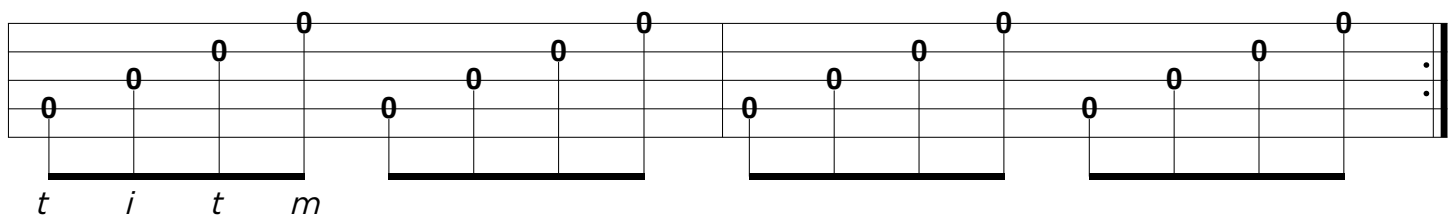
Musical notation for the 3-3-2 Roll. It consists of four measures on a six-line staff. The first measure contains notes on strings 1, 2, 3, and 4. The second measure contains notes on strings 2, 3, 4, and 5. The third measure contains notes on strings 3, 4, 5, and 6. The fourth measure contains notes on strings 4, 5, 6, and 7. A double bar line is placed between the second and third measures. The piece ends with a repeat sign.

3 Backwards Alternating Thumb Roll



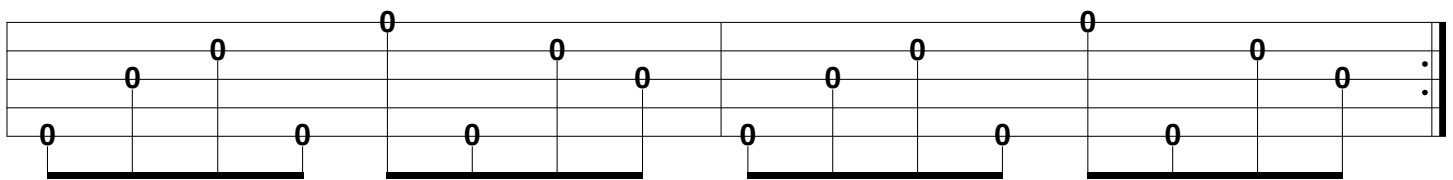
Musical notation for the Backwards Alternating Thumb Roll. It consists of four measures on a six-line staff. The first measure contains notes on strings 1, 2, 3, and 4. The second measure contains notes on strings 2, 3, 4, and 5. The third measure contains notes on strings 3, 4, 5, and 6. The fourth measure contains notes on strings 4, 5, 6, and 7. A double bar line is placed between the second and third measures. The piece ends with a repeat sign.

4 Rowing Roll

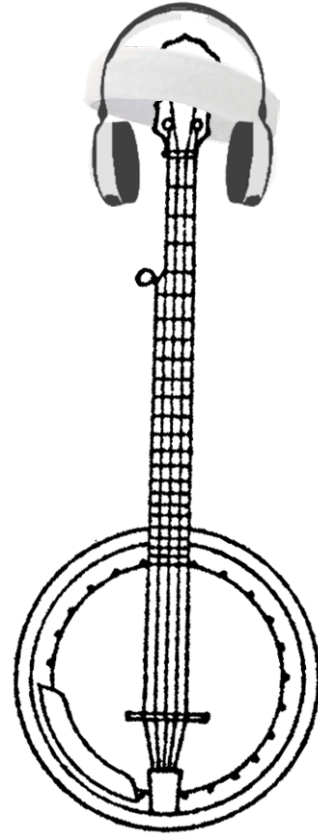


Musical notation for the Rowing Roll. It consists of four measures on a six-line staff. The first measure contains notes on strings 1, 2, 3, and 4, with fingerings *t*, *i*, *t*, and *m* respectively. The second measure contains notes on strings 2, 3, 4, and 5. The third measure contains notes on strings 3, 4, 5, and 6. The fourth measure contains notes on strings 4, 5, 6, and 7. A double bar line is placed between the second and third measures. The piece ends with a repeat sign.

5 Arpeggio Roll



Musical notation for the Arpeggio Roll. It consists of four measures on a six-line staff. The first measure contains notes on strings 1, 2, 3, and 4. The second measure contains notes on strings 2, 3, 4, and 5. The third measure contains notes on strings 3, 4, 5, and 6. The fourth measure contains notes on strings 4, 5, 6, and 7. A double bar line is placed between the second and third measures. The piece ends with a repeat sign.



Round 2

Single String Slingin'



Remember: Always alternate pick with your thumb and index finger.

16th Notes Round 2

Repeat each example 4 times.

1

16th notes on the 1st, 2nd, 3rd, and 4th lines. Fingerings: *t i t i*.

2

16th notes on the 1st, 2nd, 3rd, and 4th lines.

3

16th notes on the 1st, 2nd, 3rd, and 4th lines.

4

16th notes on the 1st, 2nd, 3rd, and 4th lines.

5

16th notes on the 1st, 2nd, 3rd, and 4th lines.

6

16th notes on the 1st, 2nd, 3rd, and 4th lines.