

Basic in Technique

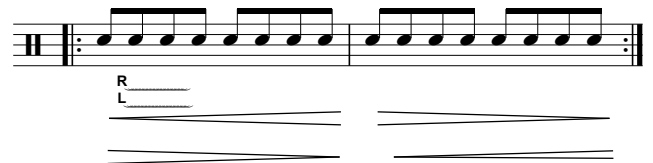
8's (Legato)

When playing with legato stroke the motion of your stick will not stop. You will always rebound to the next height. Your best sound will come from the velocity of stroke along with a relaxed grip. Since this exercise is the foundation of your stroke, master every height and volume.



8's Crescendo/Decrescendo (Legato)

Shane Gwaltney



Accent Tap Variations (Marcato/Legato)

A marcato stroke will be defined as you stopping the stick without squeezing. This eliminates 'regripping' of the stick and allows 'tone' to continue since you don't stop the vibration, just the height.



Multiple Bounce Variations (Legato)

Push the stick just like 8's, but quicker velocity. With will help you get through the multiple strokes with the best quality. Rebound on the last note of grouping to prepare for next attack. Do not squeeze the stick on last note.



Accent Tap/Multiple Bounce Combo's (Marcato/Legato)

Combine the marcato stroke for accents with legato stroke on lower heights. This will help prepare your wrist and fingers for flam and para-diddle type patterns.



Combining Hands

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16th Timing

Shane Gwaltney

Consistent motion in each hand is the key to building timing skills.

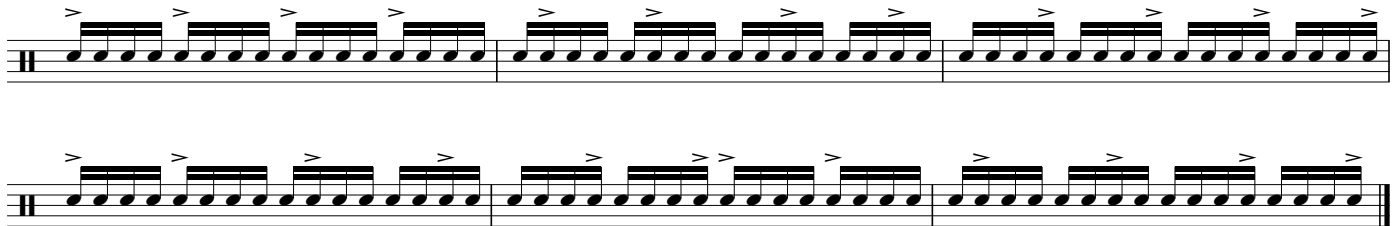


Triplet Timing



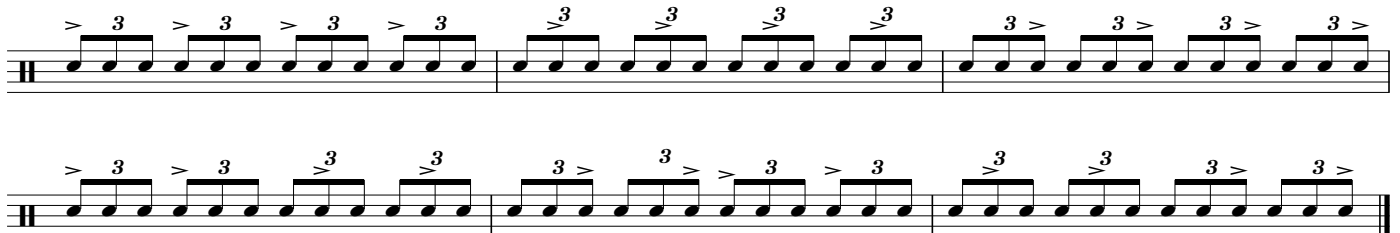
16th Accents

Use these patterns as a home base or check to add other skill sets to.
-add first diddle after accent, add 2 diddles after accent
-add flam on accent, add flam on every down beat



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16th Double Accents

Apply the upstroke with both hands to achieve an even flow.
Both hands performing an accent tap skill set.



Triplet Double Accents

The second accent in the grouping will rebound to same height while the first accent will stop to prepare for the following tap.

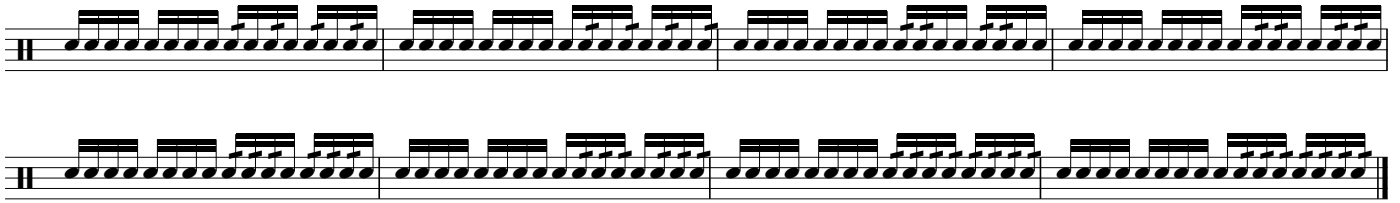


Basic Roll Patterns

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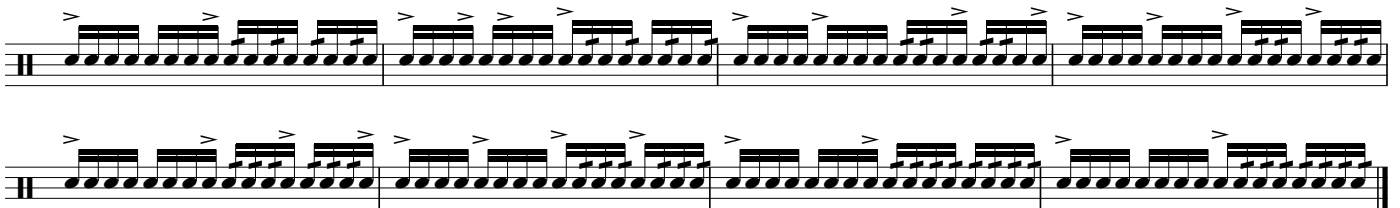
16th Rolls

When playing rolls, keep a consistent amount of pressure on the check and diddles.
Do not lift higher than the established hand motion when adding the diddle.



16th Rolls W/Accents

Add the marcato technique to stop the stick on accents to prepare for the tap.



Triplet Rolls

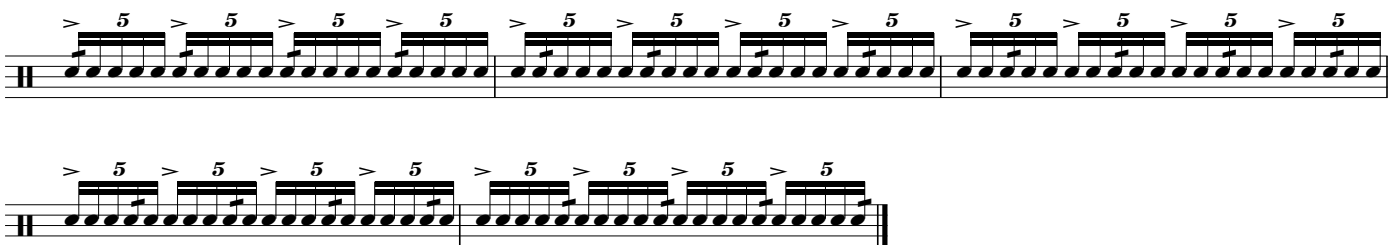


Triplet Rolls W/Accents

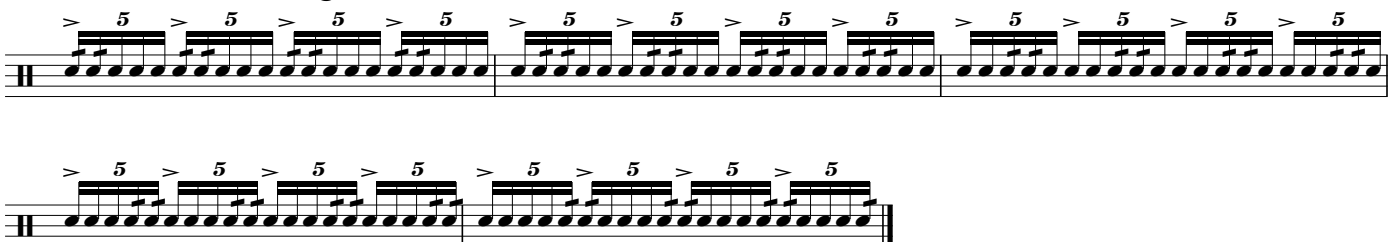


5's with Traveling Diddle

Using a 5 pattern forces you to be thoughtful of your taps in between accents.



5's with Traveling Diddle Addition



8th Note Stick Control

Row 1: R R L R L L R L | R L L R L R R L | R L R R L R L L | R L R L L R L R

Row 2: R L R L R L R L | R L R L R L R L | R L R L R L R L | R L R L R L R L

Row 3: R R L R L L R L | R L L R L R R L | R L R R L R L L | R L R L L R L R

Row 4: R R L R L L R L | R L L R L R R L | R L R R L R L L | R L R L L R L R

16th Note Stick Control

Row 1: R L R L R L R L R R R L R R R L | R L R L R L R L R L L L R L L L | R L R L R L R R R L L L R R R L | R L R L R L R R R L L L R R R L

Row 2: R L R L R L R L R L R L R L | R R R R L L L L R R R R L L L L | R L R L R L R L R L R L R L | R R R R L L L L R R R R L L L L

Triplet Stick Control-1

This pattern can also be reversed. Playing the second pattern first.

Row 1: R L L R L L R L L R L L | R R L R R L R R L R R L | R L L R L L R R L R R L | R L L R R L R L L R R L

Triplet Stick Control-2

This pattern can also be reversed. Playing the second pattern first.

Row 1: R L R L R L R L R L R L R L | R L R L R L R L R L R L R L | R L R L R L R L R L R L R L | R L R L R L R L R L R L R L

4-3-2-2-3-4

Add flams for flam tap or invert flam tap motion



4-3-2-2-3-4 Fill In



Flam Spree

