

Single-Hand/Flow Exercises

8 on a hand

Snare Drum 4/4 : R R R R R R R R | L L L L L L L L :||

3 4-4-8

Sn. Dr. 3/4 : R L L L | L R R R | R L L L | R L L L :||

5 8-8-16

Sn. Dr. 3/4 : R L L L L L L L | L R R R R R R R | R L L L L L L L | R L L L L L L L :||

7

Sn. Dr. 3/4 : L R L L L L L L | L R L L L L L L | L R L L L L L L | L R L L L L L L :||

9 RH/LH Flow

Sn. Dr. 3/4 : R R R R RLRLRLRL | R L L L L L L L | RLRLRLRLRL | RLRLRLRLRL :||

12 Both hands Flow

Sn. Dr. 3/4 : B L L 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 :||

14

Sn. Dr. 3/4 : R B L L L L | L R L R L R L R | L R L R L R L R | L R L R L R L R :||