



Chapter 2: "Doubles" - Exercises 31 through 33

Music engraving by Steve Ferraro

Exercise 31 - Doubles: Left hand "warmup"

Play 16th-note triplets with left hand and foot hat. Play groove and improvise with right hand.

Then, turn around: switch hand and foot, play groove:

♩ = 170

Exercise 32 - Groups of three 16th notes with groove on top

♩ = 115 Play groups of three 16th notes over groove, improvise...

Exercise 33 - Left foot shuffle

♩ = 167

Don't consider foot technique and control to be solely bass drum technique. Foot control means technique to be applied on all pedals; 50% and more is hat playing.

- 1) Slow: Heel down ♩ = 130
- 2) Fast: Heel up ♩ = 170

...Play super fast, play left foot also on kick, right foot on right hat.