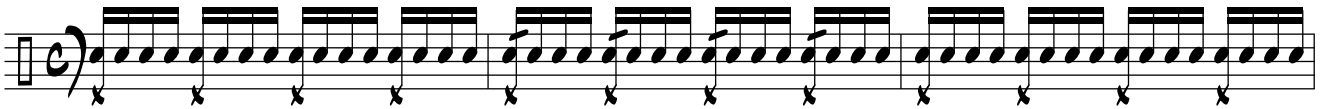


DOUBLES EXERCISE

DRUM SET



4



7



10



13



16

THIS EXERCISE WAS SHOWN TO ME BY STEVE HOLMES WHO RUNS THE BOARD AT WWW.HOUSEOFDRUMMING.COM. IT WORKS WONDERS FOR IMPROVING DOUBLES. THE EXERCISE IS PLAYED AS A SERIES OF ALTERNATING 16TH NOTE SINGLES WITH 32ND NOTE DIDDLES GRADUALLY INCREASING IN FREQUENCY. IT ALLOWS FOR THE ABILITY TO PLAY DOUBLE STROKES STRONG AND EVEN ANYWHERE WITHIN THE BAR. START SLOW AND GRADUALLY INCREASE YOUR TEMPO. MAKE SURE EACH STROKE IS CLEAN AND EVEN. KEEP TIME WITH THE LEFT FOOT ON THE QUARTER NOTE DOWNBEATS.