

Lockdown workout

Rudiments



R L R L R L R L R L R L R L



L R L R L R L R L R L R L R

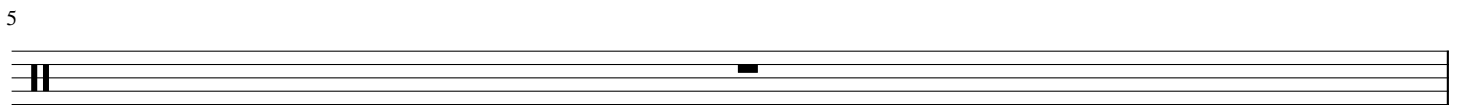


R R L L R R L L R R L L R R L L

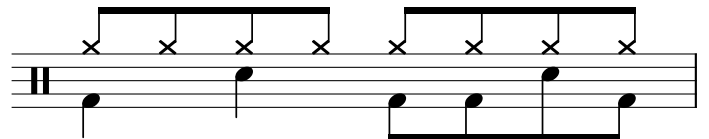
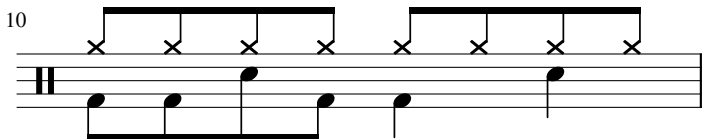
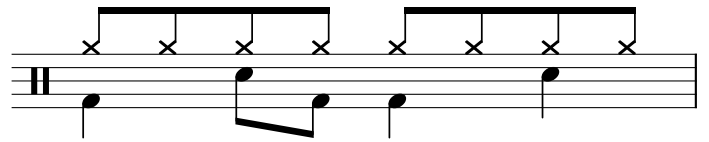
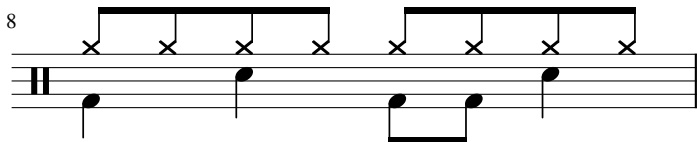
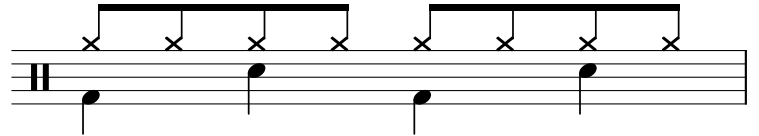
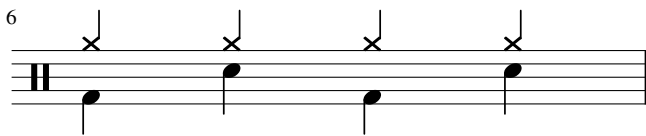


R L R R L R L L R L R R L R L L

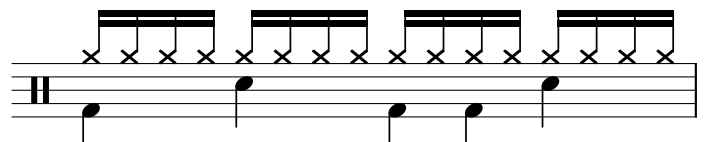
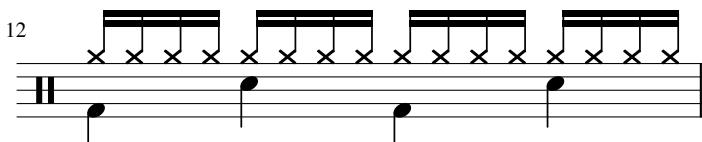
1) Practice each exercise 20 times 2) Set metronome 50 to 90 BPM 3) THIS IS NOT A RACE! take your time



GROOVES : Play each groove at least 4 times, try to do play as much grooves as you can. stop when you find it too difficult. Try to play both on ride and on hi hat



16th Notes. to be played with one or two hands



14

Skip Notes

16

18

6/8 Grooves

20

22

FILLS: Practice on their own, then choose one groove from previous section and play 3x Grooves +1 Fill and repeat (Cycle of Four)

24

26