

### Three Note 16th Timing



RLRLRLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRLRLRL RLRLRLRLRLRLRLRL

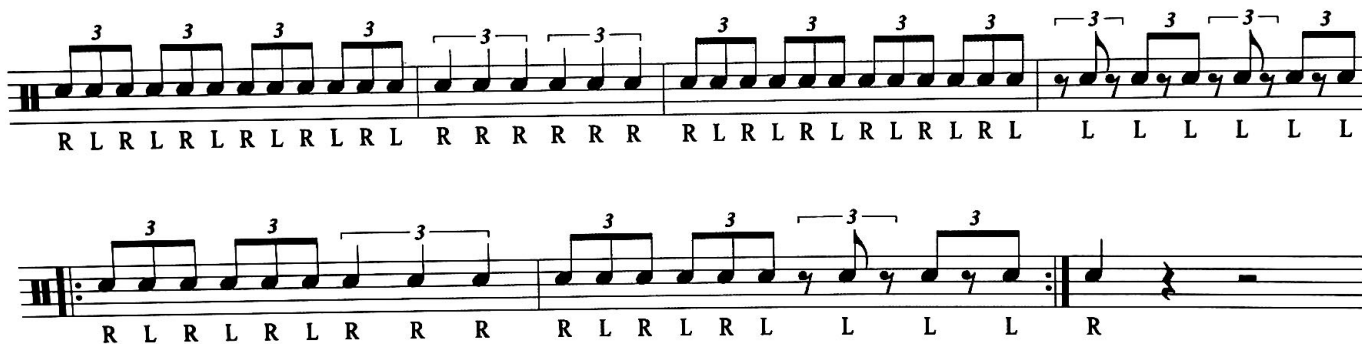
RLRLRLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRLRLRL LRL LRL LRL LRL

RLRLRLRLRLRLRLRL RLRLRLRLRLRLRL RLRLRLRLRLRLRLRL RLRLRLRLRLRLRLRL

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

### One Note Triplet Timing

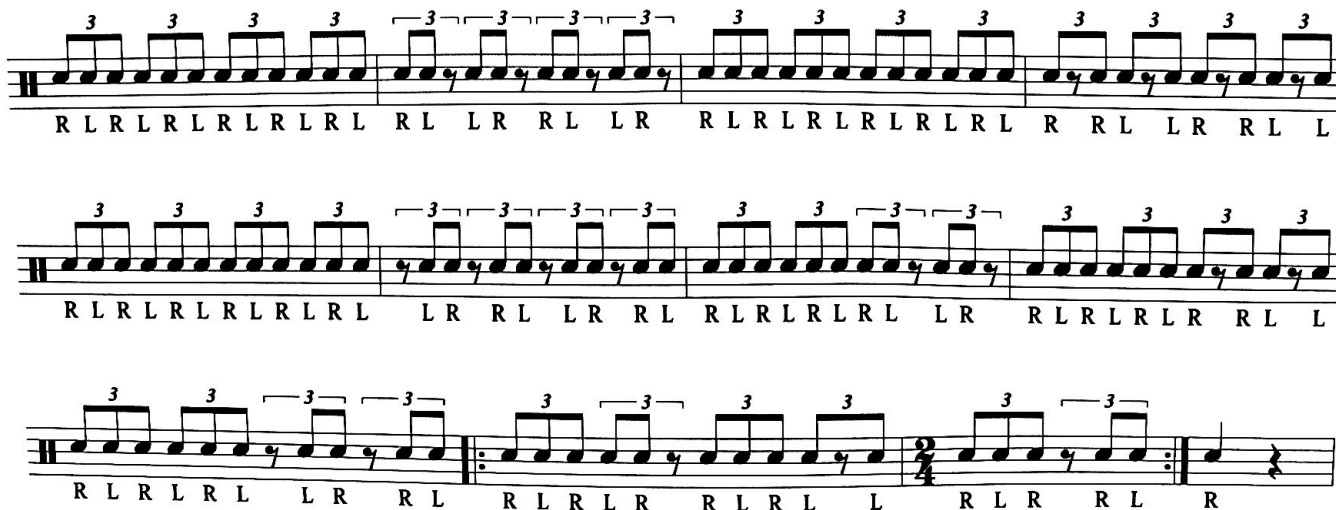
- Keep the primary hand steady and unchanging!



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

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

### Two Note Triplet Timing



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

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

# Doubles

## Irish Spring

- This classic exercise is the same idea as double beat, but in triplets.

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

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

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

## Shups

- This exercise combines the flow of Irish Spring with the context of triplet timing.

R R

L L

R R

L L

## Gallop

- A basic roll builder! This is meant to develop a double stroke roll while playing a rhythm, not just a bounce. Steady 16th notes are critical while you find the flow and rebound.

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

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

# Roll Variations

## 1.) 16th Note Diddle Grid

Three staves of musical notation for the '16th Note Diddle Grid' exercise. Each staff begins with a treble clef and a double bar line. The first two staves contain continuous runs of sixteenth-note chords, with the second staff ending in a repeat sign. The third staff contains a similar run, followed by a repeat sign and a final measure with a quarter rest.

## 2.) 16th Note 5's

Two staves of musical notation for the '16th Note 5's' exercise. Each staff begins with a treble clef and a double bar line. Both staves contain continuous runs of sixteenth-note chords, with the second staff ending in a quarter rest.

## 3.) 16th Note 7's

Three staves of musical notation for the '16th Note 7's' exercise. Each staff begins with a treble clef and a double bar line. The first two staves contain continuous runs of sixteenth-note chords. The third staff contains a similar run, followed by a quarter rest.

**4.) Triplet 5's**

Three staves of musical notation for a triplet 5's exercise. Each staff contains four measures of music. The first three measures of each staff consist of groups of five eighth notes beamed together, with a '3' above each group indicating a triplet. The fourth measure of each staff contains a single eighth note followed by a quarter rest. The notes are on the fifth line of the staff.

**5.) Triplet 7's**

Three staves of musical notation for a triplet 7's exercise. Each staff contains four measures of music. The first three measures of each staff consist of groups of seven eighth notes beamed together, with a '3' above each group indicating a triplet. The fourth measure of each staff contains a single eighth note followed by a quarter rest. The notes are on the seventh line of the staff. The second and third staves include accents (>) above the first note of each triplet.

**6.) Short Short Long Sequence**

Four staves of musical notation for a Short Short Long Sequence exercise. Each staff contains four measures of music. The first three measures of each staff consist of groups of three eighth notes beamed together, with a '3' above each group indicating a triplet. The notes are on the first, second, and third lines of the staff. The fourth measure of each staff contains a single eighth note followed by a quarter rest.

# The Grid

## Triplet Grid

- Keep the beat steady, but move the accents!
- Try combining different skills into this pattern (diddles, flams, etc...)

Three staves of musical notation for a triplet grid exercise. Each staff begins with a treble clef and a common time signature (C). The first staff contains 12 measures of music, each measure consisting of a triplet of eighth notes with an accent (>) above the first note. The second staff contains 12 measures, with the first 10 measures being triplets of eighth notes with accents, and the final two measures being quarter notes with accents. The third staff contains 12 measures, with the first 10 measures being triplets of eighth notes with accents, and the final two measures being quarter notes with accents. The notes in the triplets are G4, A4, and B4.

## 16th Note Grid

- Keep the beat steady, but move the accents!
- Try combining different skills into this pattern (diddles, flams, etc...)

Three staves of musical notation for a 16th note grid exercise. Each staff begins with a treble clef and a common time signature (C). The first staff contains 12 measures, each with a group of four 16th notes beamed together and an accent (>) above the first note. The second staff contains 12 measures, with the first 10 measures being groups of four 16th notes with accents, and the final two measures being quarter notes with accents. The third staff contains 12 measures, with the first 10 measures being groups of four 16th notes with accents, and the final two measures being quarter notes with accents. The notes in the groups are G4, A4, B4, and C5.

