

Graeme Francis - Stick Control

6. Paradiddle Fill-Ins

Workout: paradiddles; triple strokes

For each R, play a RH paradiddle (RLRR) and for each L, play a LH paradiddle (LRLR). The large letter stickings below correspond to the stickings of the original exercise (#1), and the smaller stickings fill in the remainder of the paradiddle. Written out, this exercise looks fast, but you should stick with a tempo that feels comfortable. I suggest starting with the eighth-note pulse around 60 bpm.

1. as printed



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

1. with paradiddles



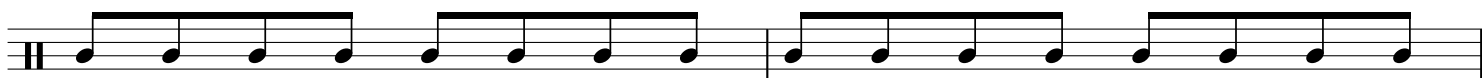
R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L



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

Skipping ahead for another example....

54. as written



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

54. with paradiddles



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



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