

# Graeme Francis - Stick Control

## 8. Triplet Fill-Ins

Workout: single stroke control and speed within a triplet base

Familiarize yourself with the Alternating Triplet variation before working on this one.

For this exercise, when you see two or more R's or L's in a row, you'll fill in the triplet 16ths with 32nds - exercise #3 is a good example. As before, the large letters correspond to the sticking in the original exercise, and the smaller letters are the added triplets or filled in 32nds. Again, watch out for consecutive R's and L's from the end of one exercise to the beginning of the next, as with #3-4, below. The continued triplet fill-in stickings are underlined at the end of #3:

3. as printed

4. as printed



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

3. with triplets filled in



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 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 R L

4. with triplets filled in



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 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