

Doubles workout (in Triplets)

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The goal of this exercise is to work out double stroke evenness between the hands by using triplet-based patterns that move the double stroke around, ensuring it doesn't always start on a downbeat.

1) Do the exercise on your practice pad or snare. The upper space will be played by your right hand, the lower space by your left. Make sure each measure is comfortable, the hands sound even, and that you're allowing the sticks to bounce freely. Start around 60 bpm and work your way up in increments of four or five bpm.

R R L R R L R R L R R L L R L etc.