

Doubles Workout #1 (8th notes)

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This simple exercise is a great way to start evening out your double strokes. Make sure that at all tempos, the sixteenths are evenly spaced - not too open, not too closed. They should sound exactly as if you were using alternating R/L sticking the entire time. Be sure to start the exercise both with the right hand and left hand (#1, #2).

Working from around quarter note = 70bpm, increase the tempo in small increments (4-5 bpm at a time). Be patient: the goal is to be able to stay relaxed while in control of your double strokes at any tempo, not just play really fast diddles.



1. R L R L R L R L R R L R R L R R L R R L
 2. L R L R L R L R L L R L L R L L R L L R



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



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