

Lesson 1: Qtr Bass

With exercise 20, you practice moving to a beat that rests on beat one. The first measure of the beat does have a bass beat on beat one to back up the crash. The fills at the end of measures 4 and 8 are suggestions only. Although you should play a fill on beat 4 and beats 3 and 4 respectively, you can alter the fill. For example, you could move the fill to the toms. **Suggested tempos:** Learn at **100 BPM** (or slower), practice at **120 BPM**, build to at least **160 BPM**.

One Measure Beats

Exercises 1 through 15, each consisting of a 4-measure phrase in 4/4 time. The exercises are arranged in four rows. Exercises 1-4 are in 4/4, 5-8 in 3/4, 9-12 in 2/4, and 13-15 in 3/4. Each phrase ends with a double bar line and repeat dots.

Two Measure Beats

Exercises 16 through 19, each consisting of an 8-measure phrase in 4/4 time. Exercises 16-17 are in 4/4, and 18-19 are in 3/4. Each phrase ends with a double bar line and repeat dots.

Application

Exercise 20, an 8-measure phrase in 4/4 time. The tempo is marked as 152 BPM. The phrase includes two 'Fill' sections marked with dashed lines.

Lesson 2: 8th Bass

Play application exercise 25 as written except for the fill in measure 8. The rhythmic pattern in that measure is the implied accent pattern of the music you're playing and you should do a fill that backs up and fits well with that rhythmic pattern. The notation in measure 8 is common on sheet music.

Suggested tempos: Learn at **94 BPM** (or slower), practice at **124 BPM**, build to at least **160 BPM**.

Half Measure Patterns

Exercises 1 through 12 are half-measure patterns in 2/4 time. Each exercise consists of a single measure of music, repeated twice. The patterns are as follows:

- 1: Quarter note G4, quarter note A4.
- 2: Quarter note G4, quarter note B4.
- 3: Quarter note G4, quarter note C5.
- 4: Quarter note G4, quarter note D5.
- 5: Quarter note G4, quarter note E5.
- 6: Quarter note G4, quarter note F5.
- 7: Quarter note G4, quarter note F5.
- 8: Quarter note G4, quarter note E5.
- 9: Quarter note G4, quarter note D5.
- 10: Quarter note G4, quarter note C5.
- 11: Quarter note G4, quarter note B4.
- 12: Quarter note G4, quarter note A4.

One Measure Beats

Exercises 13 through 20 are one-measure beats in 2/4 time. Each exercise consists of a single measure of music, repeated twice. The patterns are as follows:

- 13: Quarter note G4, quarter note A4.
- 14: Quarter note G4, quarter note B4.
- 15: Quarter note G4, quarter note C5.
- 16: Quarter note G4, quarter note D5.
- 17: Quarter note G4, quarter note E5.
- 18: Quarter note G4, quarter note F5.
- 19: Quarter note G4, quarter note G5.
- 20: Quarter note G4, quarter note A5.

Two Measure Beats

Exercises 21 through 24 are two-measure beats in 2/4 time. Each exercise consists of two measures of music, repeated twice. The patterns are as follows:

- 21: Quarter note G4, quarter note A4.
- 22: Quarter note G4, quarter note B4.
- 23: Quarter note G4, quarter note C5.
- 24: Quarter note G4, quarter note D5.

Application

Exercise 25 is an application exercise in 2/4 time, consisting of 8 measures. The first 7 measures are repeated twice. The patterns are as follows:

- Measure 1: Quarter note G4, quarter note A4.
- Measure 2: Quarter note G4, quarter note B4.
- Measure 3: Quarter note G4, quarter note C5.
- Measure 4: Quarter note G4, quarter note D5.
- Measure 5: Quarter note G4, quarter note E5.
- Measure 6: Quarter note G4, quarter note F5.
- Measure 7: Quarter note G4, quarter note A5.
- Measure 8: A fill pattern consisting of a dotted quarter note G4, an eighth note A4, and a quarter note B4.

Lesson 3: 8th Bass + 8th Snare

Suggested tempos: Learn at 84 BPM (or slower), practice at 118 BPM, build to at least 144 BPM.

Half Measure Patterns

Half Measure Patterns 1 through 12. Each pattern is shown on a single staff with a 2/4 time signature. The patterns are numbered 1 through 12 in circles above the staves. The notation includes eighth notes, quarter notes, and rests, with repeat signs at the end of each pattern.

One Measure Beats

One Measure Beats 13 through 20. Each pattern is shown on a single staff with a 2/4 time signature. The patterns are numbered 13 through 20 in circles above the staves. The notation includes eighth notes, quarter notes, and rests, with repeat signs at the end of each pattern.

Two Measure Beats

Two Measure Beats 21 through 24. Each pattern is shown on a single staff with a 2/4 time signature. The patterns are numbered 21 through 24 in circles above the staves. The notation includes eighth notes, quarter notes, and rests, with repeat signs at the end of each pattern.

Application

Application 25. The pattern is shown on a single staff with a 2/4 time signature. It is numbered 25 in a circle above the staff. The notation includes eighth notes, quarter notes, and rests, with repeat signs at the end of the pattern.

Lesson 4: 16th Bass

These exercises contain at most two consecutive 16th notes on the bass foot. Beat 8 is a very popular beat and you should build that beat up to at least 146 BPM.

Suggested tempos: Learn at **78 BPM** (or slower), practice at **112 BPM**, build to at least **140 BPM**.

Half Measure Patterns

Exercises 1 through 12 are half-measure patterns in 2/4 time. Each exercise consists of two staves: the top staff shows the 16th-note pattern with 'x' marks indicating the notes, and the bottom staff shows the corresponding bass drum and hi-hat patterns. Exercises 1-6 are in the key of C major, and exercises 7-12 are in the key of D major. Each exercise is marked with a circled number at the beginning.

One Measure Beats

Exercises 13 through 20 are one-measure beats in 2/4 time. Each exercise consists of two staves: the top staff shows the 16th-note pattern with 'x' marks, and the bottom staff shows the corresponding bass drum and hi-hat patterns. Exercises 13-16 are in the key of C major, and exercises 17-20 are in the key of D major. Each exercise is marked with a circled number at the beginning.

Two Measure Beats

Exercises 21 through 24 are two-measure beats in 4/4 time. Each exercise consists of two staves: the top staff shows the 16th-note pattern with 'x' marks, and the bottom staff shows the corresponding bass drum and hi-hat patterns. Exercises 21-22 are in the key of C major, and exercises 23-24 are in the key of D major. Each exercise is marked with a circled number at the beginning.

Application

Exercise 25 is an application exercise in 4/4 time. It consists of two staves. The top staff shows a 16th-note pattern with 'x' marks and an accent (>) over the first measure. The bottom staff shows the corresponding bass drum and hi-hat patterns. The exercise is marked with a circled number 25 at the beginning. The notation includes a double bar line, a repeat sign, and a 'fill' section indicated by a dashed line and the word 'fill'.

Lesson 5: 16th Bass + 8th Snare

Exercise 4 is often referred to as a double time rhythm because it has the feel of doubling the tempo. Exercises 5 and 6 are often referred to as driving beats because they stress each downbeat.

Suggested tempos: Learn at **64 BPM** (or slower), practice at **108 BPM**, build to at least **132 BPM**.

Half Measure Patterns

Exercises 1 through 12 are half-measure patterns in 2/4 time. Each exercise consists of a single staff with a treble clef and a key signature of one sharp (F#). The patterns are as follows:

- 1. Quarter note, quarter note, quarter note, quarter note.
- 2. Quarter note, quarter note, quarter note, quarter note.
- 3. Quarter note, quarter note, quarter note, quarter note.
- 4. Quarter note, quarter note, quarter note, quarter note.
- 5. Quarter note, quarter note, quarter note, quarter note.
- 6. Quarter note, quarter note, quarter note, quarter note.
- 7. Quarter note, quarter note, quarter note, quarter note.
- 8. Quarter note, quarter note, quarter note, quarter note.
- 9. Quarter note, quarter note, quarter note, quarter note.
- 10. Quarter note, quarter note, quarter note, quarter note.
- 11. Quarter note, quarter note, quarter note, quarter note.
- 12. Quarter note, quarter note, quarter note, quarter note.

One Measure Beats

Exercises 13 through 20 are one-measure beats in 2/4 time. Each exercise consists of a single staff with a treble clef and a key signature of one sharp (F#). The patterns are as follows:

- 13. Quarter note, quarter note, quarter note, quarter note.
- 14. Quarter note, quarter note, quarter note, quarter note.
- 15. Quarter note, quarter note, quarter note, quarter note.
- 16. Quarter note, quarter note, quarter note, quarter note.
- 17. Quarter note, quarter note, quarter note, quarter note.
- 18. Quarter note, quarter note, quarter note, quarter note.
- 19. Quarter note, quarter note, quarter note, quarter note.
- 20. Quarter note, quarter note, quarter note, quarter note.

Two Measure Beats

Exercises 21 through 24 are two-measure beats in 2/4 time. Each exercise consists of a single staff with a treble clef and a key signature of one sharp (F#). The patterns are as follows:

- 21. Quarter note, quarter note, quarter note, quarter note.
- 22. Quarter note, quarter note, quarter note, quarter note.
- 23. Quarter note, quarter note, quarter note, quarter note.
- 24. Quarter note, quarter note, quarter note, quarter note.

Application

Exercise 25 is an application exercise in 2/4 time. It consists of a single staff with a treble clef and a key signature of one sharp (F#). The pattern is as follows:

- 25. Quarter note, quarter note, quarter note, quarter note.

Lesson 6: 16th Bass + 16th Snare

Suggested tempos: Learn at **68 BPM** (or slower), practice at **104 BPM**, build to at least **128 BPM**.

Half Measure Patterns

Patterns 1 through 12 are shown on a single staff in 2/4 time. Each pattern consists of a half-measure bass line (bottom staff) and a half-measure snare line (top staff). The patterns are numbered 1 through 12 in circles above the staff. The notation uses 'x' marks for snare hits and eighth notes for bass hits. Patterns 1-6 are on the first line, and patterns 7-12 are on the second line. Each pattern is repeated twice, separated by a double bar line.

One Measure Beats

Patterns 13 through 20 are shown on a single staff in 2/4 time. Each pattern consists of a one-measure bass line (bottom staff) and a one-measure snare line (top staff). The patterns are numbered 13 through 20 in circles above the staff. The notation uses 'x' marks for snare hits and eighth notes for bass hits. Patterns 13-16 are on the first line, and patterns 17-20 are on the second line. Each pattern is repeated twice, separated by a double bar line.

Two Measure Beats

Patterns 21 through 24 are shown on a single staff in 4/4 time. Each pattern consists of a two-measure bass line (bottom staff) and a two-measure snare line (top staff). The patterns are numbered 21 through 24 in circles above the staff. The notation uses 'x' marks for snare hits and eighth notes for bass hits. Patterns 21-24 are on the first line. Each pattern is repeated twice, separated by a double bar line.

Pattern 25 is shown on a single staff in 4/4 time. It consists of a two-measure bass line (bottom staff) and a two-measure snare line (top staff). The pattern is numbered 25 in a circle above the staff. The notation uses 'x' marks for snare hits and eighth notes for bass hits. The tempo marking $\text{♩} = 80 \text{ BPM}$ is placed above the staff. The pattern is repeated twice, separated by a double bar line. A crescendo hairpin is at the end of the pattern.

Lesson 7: Paradiddle Beats

All the beats in this lesson are based on paradiddles (RLRR LRLL) and three paradiddle inversions (RRLR LLRL, RLLR LRRL, RLLR LRRL). Practice the coordination by playing the snare and bass notes at the same volume and also musically by making some of the snare notes grace notes -- also known as ghost notes because they are barely audible.

Suggested tempos: Learn at **48 BPM** (or slower), practice at **96 BPM**, build to at least **126 BPM**.

Half Measure Patterns

Half Measure Patterns 1 through 12 are shown in 2/4 time. Each pattern consists of two measures of music. The top staff shows the snare drum part with 'x' marks indicating the timing of the snare hits. The bottom staff shows the bass drum part with quarter notes. The patterns are numbered 1 through 12 in circles above the first measure of each pair.

One Measure Beats

One Measure Beats 13 through 20 are shown in common time (C). Each beat consists of one measure of music. The top staff shows the snare drum part with 'x' marks indicating the timing of the snare hits. The bottom staff shows the bass drum part with quarter notes. The beats are numbered 13 through 20 in circles above the first measure of each.

Two Measure Beats

Two Measure Beats 21 through 24 are shown in 4/4 time. Each beat consists of two measures of music. The top staff shows the snare drum part with 'x' marks indicating the timing of the snare hits. The bottom staff shows the bass drum part with quarter notes. The beats are numbered 21 through 24 in circles above the first measure of each pair.

Two Measure Beat 25 is shown in 4/4 time. It consists of two measures of music. The top staff shows the snare drum part with 'x' marks indicating the timing of the snare hits. The bottom staff shows the bass drum part with quarter notes. The beat is numbered 25 in a circle above the first measure. A tempo marking of 92 BPM is indicated above the first measure.