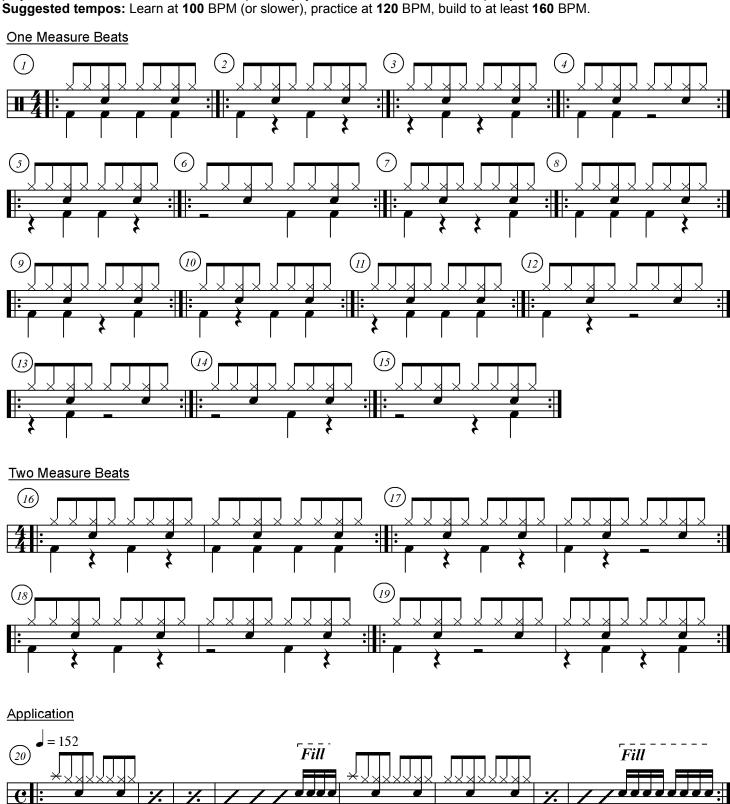
#### Lesson 1: Qtr Bass

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.



Standard 2-4 Rock Beats 7,

# Lesson 2: 8<sup>th</sup> 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.



# Lesson 3: 8<sup>th</sup> Bass + 8<sup>th</sup> Snare

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



Standard 2-4 Rock Beats 9,

# Lesson 4: 16<sup>th</sup> Bass

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

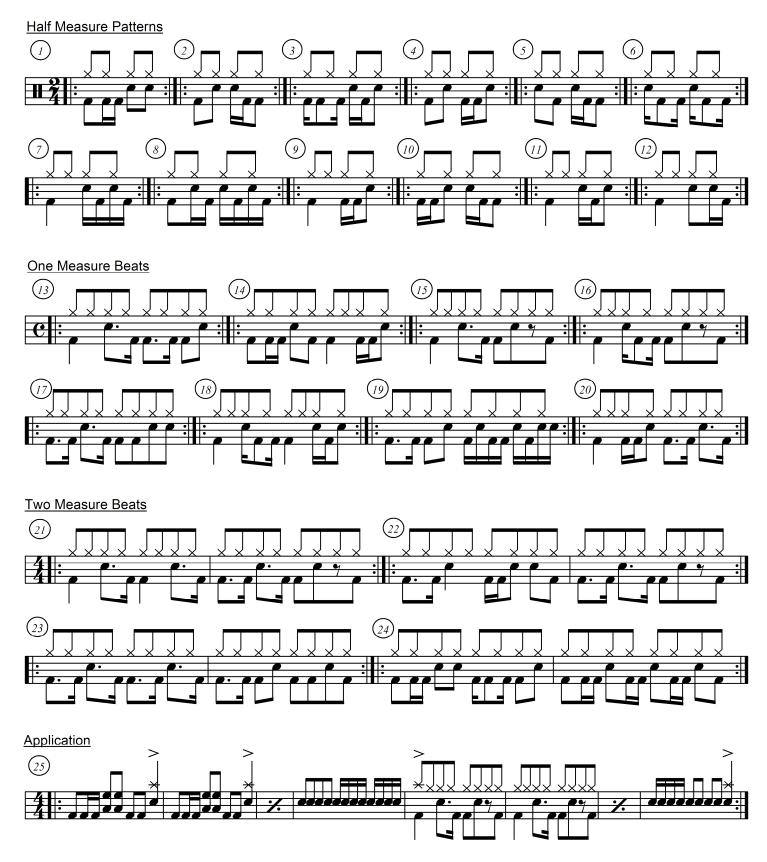
Suggested tempos: Learn at **78** BPM (or slower), practice at **112** BPM, build to at least **140** BPM.



#### Lesson 5: 16<sup>th</sup> Bass + 8<sup>th</sup> 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.



Standard 2-4 Rock Beats 11,

# Lesson 6: 16<sup>th</sup> Bass + 16<sup>th</sup> Snare

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



#### **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. Also emphasize some of the bass notes -- particularly the downbeats.

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



Standard 2-4 Rock Beats 13.