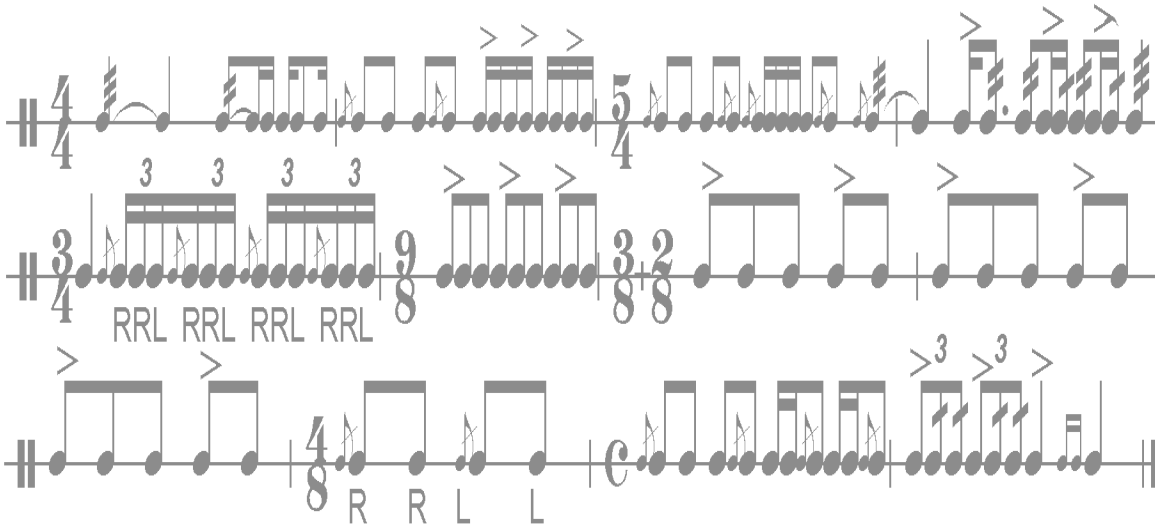


SRC for Drummers

Audio Guide

By Mike Prestwood

An exploration of rhythm, notation, technique, and musicianship



Published By
Prestwood Publications
www.prestwoodpublications.com

Exclusively Distributed By
Play-Drums.com
www.play-drums.com

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First Printing, December 2004
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Introduction

In order to perfect your timing and ability to play at various tempos, you need to hear the rhythms and play along with them. You can play these audio files on your computer, download them to your MP3 player, or burn them to CD.

Practicing to the Audio Files

The audio files feature computer-precise timing because I created them using a computer. They make an excellent source to improve your timing. However, keep in mind it is up to you to breathe life into each exercise you play. For example, within each dynamic you can make subtle phrasing and dynamic changes and bring to life the part while playing along with the stale computer generated audio files.

For most exercises, I have provided several audio files. The audio files, a metronome, and the method book comprise a sophisticated rhythmic system intended to improve your playing abilities and confidence. For best results, focus on a single lesson at a time and practice as follows:

1. Play to ALL of the audio files included with the lesson – all of them.
2. Play to a metronome at the tempo specified in the lesson. (If not specified, choose a tempo.)
3. Play without a metronome at the same tempo specified in the lesson.

By first playing to the various audio files included in a lesson, then to a metronome, and finally by yourself, you will gain confidence in your playing and develop the mental pathways required to keep a study tempo. With each exercise or set of exercises, strive for perfection. Repeat the exercise until you play it well. Do NOT allow yourself to settle for “just getting through it”.

Note If you find that you have trouble playing “in time” by yourself, in step 1 above, play by yourself after each audio file. In other words, play along with the audio file, play that tempo by yourself, play to the next audio file, play that tempo by yourself, etc. In addition, try to analyze what you are doing wrong. For example, players that always play with a metronome or audio files tend to follow the beat because they are following a metronome or audio file. In that case, the drummer needs to learn to play “with” a metronome and audio files and to lead when playing by themselves. When you play along with a metronome on a real drum, you know you are playing downbeats in time when you cannot hear the metronome.

File Naming Guide

Here is a guide to the file naming convention:

- **#-Lesson + ## + Ex + ## + ### BPM** = The exercise(s) at the given tempo. This will either be snare only or snare and bass depending on the exercise. The first # is the volume number (1, 2, or 3). Following “Lesson” is the lesson number. Following Ex is the exercise number(s). Each file ends with a tempo indicator.
- **Bass** = If “Bass” is indicated, then this version is the bass drum only part which is helpful with learning to play along with other instruments.
- **Click** = If “Click” is indicated, then this version is a click track at the given tempo. These versions are particularly helpful with the time switching exercises.
- **Check** = If “Check” is indicated, this version contains a rhythmic check pattern or is missing certain ornamental strokes such as flams, ruffs, and rolls. This is particularly helpful with the timing and accent exercises.
- **Music** = If “Music” is indicated, this version includes music you can play along with. These versions are helpful with learning to play along with other instruments.

One Measure Count In

Each audio file has a one measure count in based on the beat count. For example, I have provided an audio file with four clicks for exercises that start with a $\frac{4}{4}$ time signature. Exercises that start with a compound time signature, such as $\frac{6}{8}$, may have either a compound count in (such as 2 clicks) or a beat count in (such as 6 clicks).

Burn to CD

You can burn these audio files to CD in either WAV or MP3 format. The MP3 format is a compressed format and therefore all audio files for all three volumes fit onto a single CD. However, you need an MP3 compatible CD player to play back the CD. The WAV format is the standard music CD format and is compatible with most CD players. However, you will need to burn them to several CDs.

Lesson 1: Technique

None. Play the exercises as fast as you can, while maintaining a smooth even sound from hand to hand. Practice each exercise with and without a metronome.

Lesson 2: Tempo and Beat Grouping

The audio files for this lesson fall into two categories: tempo and beat grouping.

Tempo

Each audio file goes through the lesson three times and there is an added bass drum on beat one of each measure. Play to them in the order indicated below using the sticking notated in the lesson.

- 1-Lesson 02 Ex 1 100 BPM Moderato.mp3
- 1-Lesson 02 Ex 1 084 BPM Andantino.mp3
- 1-Lesson 02 Ex 1 120 BPM Allegro.mp3
- 1-Lesson 02 Ex 1 060 BPM Adagio.mp3
- 1-Lesson 02 Ex 1 160 BPM Vivace.mp3

Note If you have a metronome, use it instead of the exercise 1 files.

Beat Grouping

Each audio file plays exercises 2 through 10 straight through and includes a bass drum backup on each accent. Select ONE tempo and play along with it three times using the sticking notated in the lesson.

- 1-Lesson 02 Ex 2-10 100 BPM.mp3
- 1-Lesson 02 Ex 2-10 120 BPM.mp3
- 1-Lesson 02 Ex 2-10 180 BPM.mp3
- 1-Lesson 02 Ex 2-10 240 BPM.mp3

Lesson 3: Whole, Half, Quarter

The audio files are available in two speeds: 100 BPM for beginners and 200 BPM for advanced players. Exercise 13 is also available at 40 and 300 BPM for advanced players.

- 1-Lesson 03 Ex 1 100 BPM.mp3
- 1-Lesson 03 Ex 1 200 BPM.mp3
- 1-Lesson 03 Ex 2 100 BPM.mp3
- 1-Lesson 03 Ex 2 200 BPM.mp3
- 1-Lesson 03 Ex 3 100 BPM.mp3
- 1-Lesson 03 Ex 3 200 BPM.mp3
- 1-Lesson 03 Ex 4 100 BPM.mp3
- 1-Lesson 03 Ex 4 200 BPM.mp3
- 1-Lesson 03 Ex 5-12 100 BPM.mp3
- 1-Lesson 03 Ex 5-12 200 BPM.mp3

- 1-Lesson 03 Ex 13 040 BPM.mp3
- 1-Lesson 03 Ex 13 100 BPM.mp3
- 1-Lesson 03 Ex 13 200 BPM.mp3
- 1-Lesson 03 Ex 13 300 BPM.mp3

Click Track

Exercises 1 and 2 are also available with an added click track at 100 BPM.

- 1-Lesson 03 Ex 1 Click 100 BPM.mp3
- 1-Lesson 03 Ex 2 Click 100 BPM.mp3

Lesson 4: Snare and Bass

All the audio files contain all five exercises.

- 1-Lesson 04 Ex 1-5 072 BPM.mp3
- 1-Lesson 04 Ex 1-5 100 BPM.mp3
- 1-Lesson 04 Ex 1-5 120 BPM.mp3
- 1-Lesson 04 Ex 1-5 144 BPM.mp3
- 1-Lesson 04 Ex 1-5 180 BPM.mp3
- 1-Lesson 04 Ex 1-5 240 BPM.mp3

Bass Only

- 1-Lesson 04 Ex 1-5 Bass 072 BPM.mp3
- 1-Lesson 04 Ex 1-5 Bass 100 BPM.mp3
- 1-Lesson 04 Ex 1-5 Bass 144 BPM.mp3

Lesson 5: $\frac{2}{4}$ and $\frac{3}{4}$ Time

The audio files are available at 100 BPM for beginners. In addition, exercises 6 and 11 are available at 160 and 240 BPM for advanced players.

- 1-Lesson 05 Ex 1-4 100 BPM.mp3
- 1-Lesson 05 Ex 5 100 BPM.mp3

- 1-Lesson 05 Ex 6 100 BPM.mp3
- 1-Lesson 05 Ex 6 160 BPM.mp3
- 1-Lesson 05 Ex 6 240 BPM.mp3

- 1-Lesson 05 Ex 7-8 100 BPM.mp3
- 1-Lesson 05 Ex 9 100 BPM.mp3
- 1-Lesson 05 Ex 10 100 BPM.mp3

- 1-Lesson 05 Ex 11 100 BPM.mp3
- 1-Lesson 05 Ex 11 160 BPM.mp3
- 1-Lesson 05 Ex 11 240 BPM.mp3

Bass Only

- 1-Lesson 05 Ex 6 Bass 100 BPM.mp3
- 1-Lesson 05 Ex 6 Bass 160 BPM.mp3
- 1-Lesson 05 Ex 6 Bass 240 BPM.mp3

- 1-Lesson 05 Ex 11 Bass 100 BPM.mp3
- 1-Lesson 05 Ex 11 Bass 160 BPM.mp3
- 1-Lesson 05 Ex 11 Bass 240 BPM.mp3

Lesson 6: 8th Notes

Audio files are available at 100 BPM for beginners and other tempos for advanced players.

- 1-Lesson 06 Ex 1-9 080 BPM.mp3
- 1-Lesson 06 Ex 1-9 100 BPM.mp3
- 1-Lesson 06 Ex 1-9 120 BPM.mp3

- 1-Lesson 06 Ex 10-19 100 BPM.mp3
- 1-Lesson 06 Ex 10-19 120 BPM.mp3
- 1-Lesson 06 Ex 10-19 180 BPM.mp3

- 1-Lesson 06 Ex 20 100 BPM.mp3
- 1-Lesson 06 Ex 20 144 BPM.mp3

- 1-Lesson 06 Ex 21 100 BPM.mp3
- 1-Lesson 06 Ex 21 144 BPM.mp3

- 1-Lesson 06 Ex 22 100 BPM.mp3
- 1-Lesson 06 Ex 22 144 BPM.mp3

Bass Only

1-Lesson 06 Ex 20 Bass 100 BPM.mp3
1-Lesson 06 Ex 20 Bass 144 BPM.mp3

1-Lesson 06 Ex 21 Bass 100 BPM.mp3
1-Lesson 06 Ex 21 Bass 144 BPM.mp3

Lesson 7: 16th Notes

Audio files are available for exercises 6-19 at 100 BPM for beginners and other tempos for advanced players.

1-Lesson 07 Ex 6-19 078 BPM.mp3
1-Lesson 07 Ex 6-19 100 BPM.mp3
1-Lesson 07 Ex 6-19 124 BPM.mp3
1-Lesson 07 Ex 6-19 152 BPM.mp3
1-Lesson 07 Ex 6-19 172 BPM.mp3
1-Lesson 07 Ex 6-19 184 BPM.mp3

Lesson 8: Closed Rolls

Audio files are available for exercises 19 and 20 at 100 BPM for beginners and other tempos for advanced players.

Bass with Check Pattern

1-Lesson 08 Ex 19 Bass+Check 084 BPM.mp3
1-Lesson 08 Ex 19 Bass+Check 100 BPM.mp3
1-Lesson 08 Ex 19 Bass+Check 120 BPM.mp3

1-Lesson 08 Ex 21 Bass+Check 100 BPM.mp3
1-Lesson 08 Ex 21 Bass+Check 120 BPM.mp3
1-Lesson 08 Ex 21 Bass+Check 132 BPM.mp3
1-Lesson 08 Ex 21 Bass+Check 144 BPM.mp3

Bass Only

1-Lesson 08 Ex 19 Bass 084 BPM.mp3
1-Lesson 08 Ex 19 Bass 100 BPM.mp3
1-Lesson 08 Ex 19 Bass 120 BPM.mp3

1-Lesson 08 Ex 21 Bass 100 BPM.mp3
1-Lesson 08 Ex 21 Bass 120 BPM.mp3
1-Lesson 08 Ex 21 Bass 132 BPM.mp3
1-Lesson 08 Ex 21 Bass 144 BPM.mp3

Lesson 9: Single Stroke Roll

None.

Lesson 10: Dotted Notes and Rests

Audio files are available for exercises 6-8 at 100 BPM for beginners and other tempos for advanced players.

Bass with Check Pattern

1-Lesson 10 Ex 6 Bass+Check 078 BPM.mp3
1-Lesson 10 Ex 6 Bass+Check 100 BPM.mp3

1-Lesson 10 Ex 7 Bass+Check 100 BPM.mp3

1-Lesson 10 Ex 8 Bass+Check 100 BPM.mp3
1-Lesson 10 Ex 8 Bass+Check 118 BPM.mp3
1-Lesson 10 Ex 8 Bass+Check 136 BPM.mp3
1-Lesson 10 Ex 8 Bass+Check 152 BPM.mp3

Bass Only

1-Lesson 10 Ex 6 Bass 078 BPM.mp3
1-Lesson 10 Ex 6 Bass 100 BPM.mp3

1-Lesson 10 Ex 7 Bass 100 BPM.mp3

1-Lesson 10 Ex 8 Bass 100 BPM.mp3
1-Lesson 10 Ex 8 Bass 118 BPM.mp3
1-Lesson 10 Ex 8 Bass 136 BPM.mp3
1-Lesson 10 Ex 8 Bass 152 BPM.mp3

Lesson 11: Repeats

None. Practice each exercise with and without a metronome.

Lesson 12: 8th Rest

Audio files are available at 100 BPM for beginners and other tempos for advanced players.

1-Lesson 12 Ex 1-5 060 BPM.mp3
1-Lesson 12 Ex 1-5 082 BPM.mp3
1-Lesson 12 Ex 1-5 100 BPM.mp3

1-Lesson 12 Ex 6-11 100 BPM.mp3
1-Lesson 12 Ex 6-11 122 BPM.mp3
1-Lesson 12 Ex 6-11 138 BPM.mp3
1-Lesson 12 Ex 6-11 156 BPM.mp3
1-Lesson 12 Ex 6-11 186 BPM.mp3

1-Lesson 12 Ex 12 084 BPM.mp3
1-Lesson 12 Ex 12 100 BPM.mp3

1-Lesson 12 Ex 13 100 BPM.mp3
1-Lesson 12 Ex 13 122 BPM.mp3

1-Lesson 12 Ex 14 100 BPM.mp3
1-Lesson 12 Ex 14 138 BPM.mp3

Bass Only

1-Lesson 12 Ex 12 Bass 084 BPM.mp3
1-Lesson 12 Ex 12 Bass 100 BPM.mp3

1-Lesson 12 Ex 13 Bass 100 BPM.mp3
1-Lesson 12 Ex 13 Bass 122 BPM.mp3

1-Lesson 12 Ex 14 Bass 100 BPM.mp3
1-Lesson 12 Ex 14 Bass 138 BPM.mp3

Lesson 13: 1e& and 1 &a

Audio files are available for exercises 4-12 at 100 BPM for beginners and other tempos for advanced players.

1-Lesson 13 Ex 4-12 068 BPM.mp3
1-Lesson 13 Ex 4-12 100 BPM.mp3
1-Lesson 13 Ex 4-12 116 BPM.mp3
1-Lesson 13 Ex 4-12 134 BPM.mp3
1-Lesson 13 Ex 4-12 150 BPM.mp3
1-Lesson 13 Ex 4-12 174 BPM.mp3

Lesson 14: 8th Note Closed Roll

Audio files are available for exercises 7 and 8 at 100 BPM for beginners and other tempos for advanced players.

Bass with Check Pattern

1-Lesson 14 Ex 7 Bass+Check 064 BPM.mp3
1-Lesson 14 Ex 7 Bass+Check 100 BPM.mp3
1-Lesson 14 Ex 7 Bass+Check 126 BPM.mp3
1-Lesson 14 Ex 7 Bass+Check 154 BPM.mp3

1-Lesson 14 Ex 8 Bass+Check 078 BPM.mp3
1-Lesson 14 Ex 8 Bass+Check 100 BPM.mp3
1-Lesson 14 Ex 8 Bass+Check 122 BPM.mp3

Bass Only

1-Lesson 14 Ex 7 Bass 064 BPM.mp3
1-Lesson 14 Ex 7 Bass 100 BPM.mp3
1-Lesson 14 Ex 7 Bass 126 BPM.mp3
1-Lesson 14 Ex 7 Bass 154 BPM.mp3

1-Lesson 14 Ex 8 Bass 078 BPM.mp3
1-Lesson 14 Ex 8 Bass 100 BPM.mp3
1-Lesson 14 Ex 8 Bass 122 BPM.mp3

Lesson 15: 8th Note Beat Time Signatures

Audio files are available for exercises 9-12 at 100 BPM for beginners and other tempos for advanced players. With these audio files, the 8th note gets the beat count.

Bass with Check Pattern

1-Lesson 15 Ex 9 Bass+Check 100 BPM.mp3
1-Lesson 15 Ex 9 Bass+Check 150 BPM.mp3
1-Lesson 15 Ex 9 Bass+Check 200 BPM.mp3

1-Lesson 15 Ex 10 Bass+Check 100 BPM.mp3
1-Lesson 15 Ex 10 Bass+Check 160 BPM.mp3
1-Lesson 15 Ex 10 Bass+Check 220 BPM.mp3

1-Lesson 15 Ex 11 Bass+Check 100 BPM.mp3
1-Lesson 15 Ex 11 Bass+Check 180 BPM.mp3
1-Lesson 15 Ex 11 Bass+Check 240 BPM.mp3

1-Lesson 15 Ex 12 Bass+Check 100 BPM.mp3
1-Lesson 15 Ex 12 Bass+Check 200 BPM.mp3
1-Lesson 15 Ex 12 Bass+Check 300 BPM.mp3

Lesson 16: 6/8, 9/8, and 12/8

Audio files are available for exercises 4-12 at 100 BPM for beginners and other tempos for advanced players. With these audio files, the dotted quarter gets the beat count.

1-Lesson 16 Ex 1-9 078 BPM.mp3
1-Lesson 16 Ex 1-9 100 BPM.mp3
1-Lesson 16 Ex 1-9 126 BPM.mp3
1-Lesson 16 Ex 1-9 152 BPM.mp3
1-Lesson 16 Ex 1-9 172 BPM.mp3

1-Lesson 16 Ex 10 100 BPM.mp3

Bass with Check Pattern

1-Lesson 16 Ex 11 Bass+Check 086 BPM.mp3
1-Lesson 16 Ex 11 Bass+Check 100 BPM.mp3

1-Lesson 16 Ex 12 Bass+Check 100 BPM.mp3
1-Lesson 16 Ex 12 Bass+Check 118 BPM.mp3

1-Lesson 16 Ex 13 Bass+Check 100 BPM.mp3
1-Lesson 16 Ex 13 Bass+Check 138 BPM.mp3

Bass Only

1-Lesson 16 Ex 10 Bass 100 BPM.mp3

1-Lesson 16 Ex 11 Bass 086 BPM.mp3
1-Lesson 16 Ex 11 Bass 100 BPM.mp3

1-Lesson 16 Ex 12 Bass 100 BPM.mp3
1-Lesson 16 Ex 12 Bass 118 BPM.mp3

1-Lesson 16 Ex 13 Bass 100 BPM.mp3
1-Lesson 16 Ex 13 Bass 138 BPM.mp3

Lesson 17: Tempo Markings

Audio files are available for exercises 8, 10, and 16. Practice the others with a metronome.

1-Lesson 17 Ex 8.mp3

Check Pattern

1-Lesson 17 Ex 10 Check.mp3
1-Lesson 17 Ex 16 Check.mp3

Lesson 18: Dynamics

Audio files are available for exercises 1-4 and 13 as specified below. Exercises 3 and 4 repeat 4 times each.

1-Lesson 18 Ex 3 080 BPM.mp3
1-Lesson 18 Ex 3 100 BPM.mp3
1-Lesson 18 Ex 3 120 BPM.mp3
1-Lesson 18 Ex 3 140 BPM.mp3

1-Lesson 18 Ex 4 078 BPM.mp3
1-Lesson 18 Ex 4 100 BPM.mp3
1-Lesson 18 Ex 4 126 BPM.mp3
1-Lesson 18 Ex 4 144 BPM.mp3

Check Pattern Only

1-Lesson 18 Ex 1-2 Check 100 BPM.mp3

Bass Only

1-Lesson 18 Ex 13 Bass 100 BPM.mp3

Lesson 19: Flams

Audio files are available for exercise 7-9 at 84 BPM for beginners and other tempos for advanced players. Practice the other exercises with a metronome.

1-Lesson 19 Ex 7 084 BPM.mp3
1-Lesson 19 Ex 7 110 BPM.mp3
1-Lesson 19 Ex 7 120 BPM.mp3

1-Lesson 19 Ex 8 084 BPM.mp3
1-Lesson 19 Ex 8 116 BPM.mp3
1-Lesson 19 Ex 8 132 BPM.mp3

1-Lesson 19 Ex 9 084 BPM.mp3
1-Lesson 19 Ex 9 116 BPM.mp3
1-Lesson 19 Ex 9 132 BPM.mp3

Lesson 20: Ruffs

Audio files are available for exercise 7 at 84 BPM for beginners and other tempos for advanced players. Practice the other exercises with a metronome.

1-Lesson 20 Ex 7 084 BPM.mp3
1-Lesson 20 Ex 7 108 BPM.mp3
1-Lesson 20 Ex 7 126 BPM.mp3
1-Lesson 20 Ex 7 146 BPM.mp3

Check Pattern

Use these check pattern files to perfect your timing of ruffs.

1-Lesson 20 Ex 7 Check 084 BPM.mp3
1-Lesson 20 Ex 7 Check 120 BPM.mp3

Lesson 21: Double Strokes

Use these audio files to perfect your timing of double strokes. The slowest tempo of each exercise is for beginners. Each exercise repeats four times.

1-Lesson 21 Ex 1 100 BPM.mp3
1-Lesson 21 Ex 1 200 BPM.mp3
1-Lesson 21 Ex 1 300 BPM.mp3

1-Lesson 21 Ex 2 080 BPM.mp3
1-Lesson 21 Ex 2 090 BPM.mp3
1-Lesson 21 Ex 2 100 BPM.mp3
1-Lesson 21 Ex 2 110 BPM.mp3
1-Lesson 21 Ex 2 120 BPM.mp3
1-Lesson 21 Ex 2 130 BPM.mp3
1-Lesson 21 Ex 2 140 BPM.mp3

1-Lesson 21 Ex 3 070 BPM.mp3 (also 80, 90, 100, 110, and 120 BPM)
1-Lesson 21 Ex 3 140 BPM.mp3

1-Lesson 21 Ex 4 060 BPM.mp3 (also 70, 80, 90, 100, and 110 BPM)
1-Lesson 21 Ex 4 120 BPM.mp3
1-Lesson 21 Ex 4 130 BPM.mp3

1-Lesson 21 Ex 5 060 BPM.mp3 (also 70, 80, 90, 100, and 110 BPM)
1-Lesson 21 Ex 5 120 BPM.mp3

1-Lesson 21 Ex 6 060 BPM.mp3 (also 70, 80, 90, 100, and 110 BPM)
1-Lesson 21 Ex 6 120 BPM.mp3

Note Also practice these exercises with a metronome. Practice at various tempos playing each exercise for five minutes.

Lesson 22: Alla Breve (Cut Time)

Audio files are as specified below.

Check Pattern and Bass

1-Lesson 22 Ex 1 Check+Bass 120 BPM.mp3
1-Lesson 22 Ex 2 Check+Bass 096 BPM.mp3
1-Lesson 22 Ex 3 Check+Bass 080 BPM.mp3

Bass Only

1-Lesson 22 Ex 1 Bass 120 BPM.mp3
1-Lesson 22 Ex 2 Bass 096 BPM.mp3
1-Lesson 22 Ex 3 Bass 080 BPM.mp3

Lesson 23: Triplets

Audio files are as specified below.

1-Lesson 23 Ex 1 072 BPM.mp3
1-Lesson 23 Ex 1 094 BPM.mp3
1-Lesson 23 Ex 1 122 BPM.mp3
1-Lesson 23 Ex 1 148 BPM.mp3
1-Lesson 23 Ex 1 168 BPM.mp3
1-Lesson 23 Ex 1 196 BPM.mp3
1-Lesson 23 Ex 1 236 BPM.mp3

1-Lesson 23 Ex 2 068 BPM.mp3
1-Lesson 23 Ex 2 088 BPM.mp3
1-Lesson 23 Ex 2 132 BPM.mp3
1-Lesson 23 Ex 2 162 BPM.mp3

1-Lesson 23 Ex 3 056 BPM.mp3
1-Lesson 23 Ex 3 084 BPM.mp3
1-Lesson 23 Ex 3 118 BPM.mp3
1-Lesson 23 Ex 3 144 BPM.mp3
1-Lesson 23 Ex 3 172 BPM.mp3

Appendix A: Warm-Up Set 1

None.

Appendix B: 8th Note Accent Patterns

None.

Appendix C: Snare Solos

Audio files are available as follow:

Check Pattern

1-Solo-Common Time Solo Check 80 BPM.mp3
1-Solo-Common Time Solo Check 100 BPM.mp3
1-Solo-Common Time Solo Check 120 BPM.mp3

1-Solo-Waltz Solo Check 72 BPM.mp3
1-Solo-March Solo Check 100 BPM.mp3
1-Solo-March Solo Check 120 BPM.mp3
1-Solo-March Solo Check 140 BPM.mp3

1-Solo-Alla Breve Solo Check 116 BPM.mp3
1-Solo-Alla Breve Solo Check 132 BPM.mp3
1-Solo-Alla Breve Solo Check 148 BPM.mp3

1-Solo-Quatro Ocho Solo Check 88 BPM.mp3
1-Solo-Quatro Ocho Solo Check 112 BPM.mp3
1-Solo-Quatro Ocho Solo Check 124 BPM.mp3

1-Solo-98 Solo Check 72 BPM.mp3
1-Solo-98 Solo Check 84 BPM.mp3
1-Solo-98 Solo Check 110 BPM.mp3

Lesson 1: Switching Beat Group

Audio files are as specified below.

Check Pattern and Bass

2-Lesson 01 Ex 1 Check+Bass 080 BPM.mp3
2-Lesson 01 Ex 2 Check+Bass 144 BPM.mp3
2-Lesson 01 Ex 3 Check+Bass 120 BPM.mp3
2-Lesson 01 Ex 4 Check+Bass 132 BPM.mp3
2-Lesson 01 Ex 6 Check+Bass 084 BPM.mp3
2-Lesson 01 Ex 7 Check+Bass 112 BPM.mp3
2-Lesson 01 Ex 8 Check+Bass 132 BPM.mp3
2-Lesson 01 Ex 9 Check+Bass 096 BPM.mp3

Bass Only

2-Lesson 01 Ex 1 Bass 080 BPM.mp3
2-Lesson 01 Ex 2 Bass 144 BPM.mp3
2-Lesson 01 Ex 3 Bass 120 BPM.mp3
2-Lesson 01 Ex 4 Bass 132 BPM.mp3
2-Lesson 01 Ex 6 Bass 084 BPM.mp3
2-Lesson 01 Ex 7 Bass 112 BPM.mp3
2-Lesson 01 Ex 8 Bass 132 BPM.mp3
2-Lesson 01 Ex 9 Bass 096 BPM.mp3

Lesson 2: 16th Notes – “1e” and “1 a”

Audio files are as specified below. Exercises 1 and 3 repeat four times so you can practice all four sticking patterns.

2-Lesson 02 Ex 1 074 BPM.mp3
2-Lesson 02 Ex 1 100 BPM.mp3
2-Lesson 02 Ex 1 120 BPM.mp3

2-Lesson 02 Ex 2 100 BPM.mp3
2-Lesson 02 Ex 2 122 BPM.mp3
2-Lesson 02 Ex 2 144 BPM.mp3

2-Lesson 02 Ex 3 074 BPM.mp3
2-Lesson 02 Ex 3 100 BPM.mp3
2-Lesson 02 Ex 3 120 BPM.mp3

2-Lesson 02 Ex 4 100 BPM.mp3
2-Lesson 02 Ex 4 122 BPM.mp3
2-Lesson 02 Ex 4 144 BPM.mp3
2-Lesson 02 Ex 4 160 BPM.mp3

2-Lesson 02 Ex 5 100 BPM.mp3
2-Lesson 02 Ex 5 122 BPM.mp3
2-Lesson 02 Ex 5 144 BPM.mp3
2-Lesson 02 Ex 5 160 BPM.mp3

Check Pattern and Bass

2-Lesson 02 Ex 6 Check+Bass 124 BPM.mp3
2-Lesson 02 Ex 7 Check+Bass 088 BPM.mp3
2-Lesson 02 Ex 8 Check+Bass 096 BPM.mp3

Bass Only

2-Lesson 02 Ex 6 Bass 124 BPM.mp3
2-Lesson 02 Ex 7 Bass 088 BPM.mp3
2-Lesson 02 Ex 8 Bass 096 BPM.mp3

Lesson 3: 16th Notes – “1e a”

Audio files are as specified below. Exercise 1 is repeated four times so you can practice all the various sticking, the other repeat

2-Lesson 03 Ex 1 068 BPM.mp3
2-Lesson 03 Ex 1 084 BPM.mp3
2-Lesson 03 Ex 1 100 BPM.mp3
2-Lesson 03 Ex 1 120 BPM.mp3
2-Lesson 03 Ex 1 144 BPM.mp3

2-Lesson 03 Ex 2-4 074 BPM.mp3
2-Lesson 03 Ex 2-4 100 BPM.mp3
2-Lesson 03 Ex 2-4 118 BPM.mp3
2-Lesson 03 Ex 2-4 132 BPM.mp3
2-Lesson 03 Ex 2-4 152 BPM.mp3

2-Lesson 03 Ex 5-9 082 BPM.mp3
2-Lesson 03 Ex 5-9 100 BPM.mp3
2-Lesson 03 Ex 5-9 120 BPM.mp3
2-Lesson 03 Ex 5-9 136 BPM.mp3
2-Lesson 03 Ex 5-9 156 BPM.mp3

2-Lesson 03 Ex 10-13 078 BPM.mp3
2-Lesson 03 Ex 10-13 100 BPM.mp3
2-Lesson 03 Ex 10-13 122 BPM.mp3
2-Lesson 03 Ex 10-13 138 BPM.mp3
2-Lesson 03 Ex 10-13 160 BPM.mp3

Lesson 4: 16th Notes – “&a” and “e&”

Audio files are as specified below.

2-Lesson 04 Ex 1 048 BPM.mp3
2-Lesson 04 Ex 1 062 BPM.mp3
2-Lesson 04 Ex 1 078 BPM.mp3
2-Lesson 04 Ex 1 100 BPM.mp3

2-Lesson 04 Ex 2-4 056 BPM.mp3
2-Lesson 04 Ex 2-4 074 BPM.mp3
2-Lesson 04 Ex 2-4 100 BPM.mp3
2-Lesson 04 Ex 2-4 120 BPM.mp3

2-Lesson 04 Ex 5 048 BPM.mp3
2-Lesson 04 Ex 5 062 BPM.mp3
2-Lesson 04 Ex 5 078 BPM.mp3
2-Lesson 04 Ex 5 100 BPM.mp3

2-Lesson 04 Ex 6-8 068 BPM.mp3
2-Lesson 04 Ex 6-8 082 BPM.mp3
2-Lesson 04 Ex 6-8 100 BPM.mp3
2-Lesson 04 Ex 6-8 122 BPM.mp3

2-Lesson 04 Ex 9 080 BPM.mp3
2-Lesson 04 Ex 9 100 BPM.mp3
2-Lesson 04 Ex 9 120 BPM.mp3
2-Lesson 04 Ex 9 144 BPM.mp3

2-Lesson 04 Ex 10 060 BPM.mp3
2-Lesson 04 Ex 10 080 BPM.mp3
2-Lesson 04 Ex 10 100 BPM.mp3
2-Lesson 04 Ex 10 120 BPM.mp3
2-Lesson 04 Ex 10 144 BPM.mp3

Lesson 5: 16th Notes – “e&a” and “e a”

Audio files are as specified below.

2-Lesson 05 Ex 1 044 BPM.mp3
2-Lesson 05 Ex 1 064 BPM.mp3
2-Lesson 05 Ex 1 084 BPM.mp3
2-Lesson 05 Ex 1 100 BPM.mp3

2-Lesson 05 Ex 2-4 066 BPM.mp3
2-Lesson 05 Ex 2-4 086 BPM.mp3
2-Lesson 05 Ex 2-4 100 BPM.mp3
2-Lesson 05 Ex 2-4 116 BPM.mp3

2-Lesson 05 Ex 5 044 BPM.mp3
2-Lesson 05 Ex 5 064 BPM.mp3
2-Lesson 05 Ex 5 084 BPM.mp3
2-Lesson 05 Ex 5 100 BPM.mp3

2-Lesson 05 Ex 6-8 066 BPM.mp3
2-Lesson 05 Ex 6-8 086 BPM.mp3
2-Lesson 05 Ex 6-8 100 BPM.mp3
2-Lesson 05 Ex 6-8 116 BPM.mp3

2-Lesson 05 Ex 9 080 BPM.mp3
2-Lesson 05 Ex 9 100 BPM.mp3
2-Lesson 05 Ex 9 120 BPM.mp3
2-Lesson 05 Ex 9 144 BPM.mp3

2-Lesson 05 Ex 10 080 BPM.mp3
2-Lesson 05 Ex 10 100 BPM.mp3
2-Lesson 05 Ex 10 120 BPM.mp3
2-Lesson 05 Ex 10 144 BPM.mp3

Lesson 6: 16th Notes – “e” and “a”

Audio files are as specified below.

2-Lesson 06 Ex 1 040 BPM.mp3
2-Lesson 06 Ex 1 068 BPM.mp3
2-Lesson 06 Ex 1 084 BPM.mp3
2-Lesson 06 Ex 1 100 BPM.mp3

2-Lesson 06 Ex 2-4 082 BPM.mp3
2-Lesson 06 Ex 2-4 100 BPM.mp3
2-Lesson 06 Ex 2-4 114 BPM.mp3
2-Lesson 06 Ex 2-4 132 BPM.mp3

2-Lesson 06 Ex 5-7 040 BPM.mp3
2-Lesson 06 Ex 5-7 068 BPM.mp3
2-Lesson 06 Ex 5-7 084 BPM.mp3
2-Lesson 06 Ex 5-7 100 BPM.mp3

2-Lesson 06 Ex 8 078 BPM.mp3
2-Lesson 06 Ex 8 100 BPM.mp3
2-Lesson 06 Ex 8 116 BPM.mp3
2-Lesson 06 Ex 8 132 BPM.mp3

2-Lesson 06 Ex 9 068 BPM.mp3
2-Lesson 06 Ex 9 100 BPM.mp3
2-Lesson 06 Ex 9 116 BPM.mp3
2-Lesson 06 Ex 9 132 BPM.mp3

2-Lesson 06 Ex 10 078 BPM.mp3
2-Lesson 06 Ex 10 100 BPM.mp3
2-Lesson 06 Ex 10 120 BPM.mp3
2-Lesson 06 Ex 10 132 BPM.mp3

Lesson 7: Triplet Rests

Audio files are as specified below.

2-Lesson 07 Ex 1 8th at 150 BPM.mp3
2-Lesson 07 Ex 1 8th at 200 BPM.mp3
2-Lesson 07 Ex 1 8th at 250 BPM.mp3

2-Lesson 07 Ex 1 060 BPM.mp3
2-Lesson 07 Ex 1 078 BPM.mp3
2-Lesson 07 Ex 1 098 BPM.mp3

2-Lesson 07 Ex 2 120 BPM.mp3
2-Lesson 07 Ex 2 140 BPM.mp3
2-Lesson 07 Ex 2 160 BPM.mp3

2-Lesson 07 Ex 3 080 BPM.mp3
2-Lesson 07 Ex 3 100 BPM.mp3
2-Lesson 07 Ex 3 120 BPM.mp3

2-Lesson 07 Ex 4 092 BPM.mp3
2-Lesson 07 Ex 4 102 BPM.mp3
2-Lesson 07 Ex 4 112 BPM.mp3
2-Lesson 07 Ex 4 122 BPM.mp3
2-Lesson 07 Ex 4 132 BPM.mp3

Lesson 8: Timing

Audio files are as specified below.

2-Lesson 08 Ex 1 042 BPM.mp3
2-Lesson 08 Ex 1 062 BPM.mp3
2-Lesson 08 Ex 1 082 BPM.mp3
2-Lesson 08 Ex 1 102 BPM.mp3
2-Lesson 08 Ex 1 122 BPM.mp3
2-Lesson 08 Ex 1 142 BPM.mp3
2-Lesson 08 Ex 1 160 BPM.mp3

2-Lesson 08 Ex 2 082 BPM.mp3
2-Lesson 08 Ex 2 110 BPM.mp3
2-Lesson 08 Ex 2 118 BPM.mp3

2-Lesson 08 Ex 3 118 BPM.mp3
2-Lesson 08 Ex 3 160 BPM.mp3
2-Lesson 08 Ex 3 182 BPM.mp3

2-Lesson 08 Ex 4 074 BPM.mp3
2-Lesson 08 Ex 4 104 BPM.mp3

2-Lesson 08 Ex 5 096 BPM.mp3
2-Lesson 08 Ex 5 120 BPM.mp3
2-Lesson 08 Ex 5 144 BPM.mp3

Lesson 9: ¼ Note Triplets

Audio files are as specified below.

2-Lesson 09 Ex 3 080 BPM.mp3
2-Lesson 09 Ex 3 100 BPM.mp3
2-Lesson 09 Ex 3 120 BPM.mp3

2-Lesson 09 Ex 4-5 080 BPM.mp3
2-Lesson 09 Ex 4-5 100 BPM.mp3
2-Lesson 09 Ex 4-5 120 BPM.mp3

2-Lesson 09 Ex 6 080 BPM.mp3
2-Lesson 09 Ex 6 100 BPM.mp3
2-Lesson 09 Ex 6 120 BPM.mp3

2-Lesson 09 Ex 7 080 BPM.mp3
2-Lesson 09 Ex 7 100 BPM.mp3
2-Lesson 09 Ex 7 120 BPM.mp3

2-Lesson 09 Ex 8 080 BPM.mp3
2-Lesson 09 Ex 8 100 BPM.mp3
2-Lesson 09 Ex 8 120 BPM.mp3

2-Lesson 09 Ex 9 064 BPM.mp3
2-Lesson 09 Ex 9 084 BPM.mp3
2-Lesson 09 Ex 9 104 BPM.mp3
2-Lesson 09 Ex 9 124 BPM.mp3
2-Lesson 09 Ex 9 144 BPM.mp3

Check Pattern and Bass

2-Lesson 09 Ex 10 Check+Bass 092 BPM.mp3
2-Lesson 09 Ex 11 Check+Bass 126 BPM.mp3
2-Lesson 09 Ex 12 Check+Bass 108 BPM.mp3
2-Lesson 09 Ex 13 Check+Bass 116 BPM.mp3

Bass Only

2-Lesson 09 Ex 11 Bass 126 BPM.mp3
2-Lesson 09 Ex 12 Bass 108 BPM.mp3
2-Lesson 09 Ex 13 Bass 116 BPM.mp3

Lesson 10: Refining Ruffs

Audio files are as specified below. Play the other exercises to a metronome.

Check Pattern

2-Lesson 10 Ex 3 Check 070 BPM.mp3
2-Lesson 10 Ex 3 Check 082 BPM.mp3
2-Lesson 10 Ex 3 Check 096 BPM.mp3

Check Pattern and Bass

2-Lesson 10 Ex 10 Check+Bass 080 BPM.mp3
2-Lesson 10 Ex 10 Check+Bass 114 BPM.mp3

2-Lesson 10 Ex 11 Check+Bass 078 BPM.mp3
2-Lesson 10 Ex 11 Check+Bass 104 BPM.mp3

Bass Only

2-Lesson 10 Ex 12 Bass 120 BPM.mp3
2-Lesson 10 Ex 13 Bass 092 BPM.mp3
2-Lesson 10 Ex 14 Bass 060 BPM.mp3

Lesson 11: 5/8, 7/8, and 11/8

Audio files are as specified below. The 8th note gets the beat count for these exercises.

Check Pattern and Bass

2-Lesson 11 Ex 1 Check+Bass 080 BPM.mp3
2-Lesson 11 Ex 1 Check+Bass 120 BPM.mp3
2-Lesson 11 Ex 1 Check+Bass 160 BPM.mp3
2-Lesson 11 Ex 1 Check+Bass 200 BPM.mp3
2-Lesson 11 Ex 1 Check+Bass 250 BPM.mp3

2-Lesson 11 Ex 2 Check+Bass 132 BPM.mp3
2-Lesson 11 Ex 2 Check+Bass 172 BPM.mp3
2-Lesson 11 Ex 2 Check+Bass 212 BPM.mp3
2-Lesson 11 Ex 2 Check+Bass 262 BPM.mp3

2-Lesson 11 Ex 3 Check+Bass 144 BPM.mp3
2-Lesson 11 Ex 3 Check+Bass 184 BPM.mp3
2-Lesson 11 Ex 3 Check+Bass 224 BPM.mp3
2-Lesson 11 Ex 3 Check+Bass 300 BPM.mp3

Lesson 12: 16th Notes in 8th Note Time Signatures

Audio files are as specified below.

2-Lesson 12 Ex 2 120 BPM.mp3
2-Lesson 12 Ex 2 180 BPM.mp3

Exercise 3 audio files have a two-measure count in using a half note click in each measure.

2-Lesson 12 Ex 3 054 BPM.mp3
2-Lesson 12 Ex 3 070 BPM.mp3

Exercise 4 audio files have a two-measure count in using a dotted quarter note click in each measure.

2-Lesson 12 Ex 4 076 BPM.mp3
2-Lesson 12 Ex 4 092 BPM.mp3

2-Lesson 12 Ex 5 154 BPM.mp3
2-Lesson 12 Ex 5 200 BPM.mp3
2-Lesson 12 Ex 5 250 BPM.mp3

Bass Only

2-Lesson 12 Ex 5 Bass 154 BPM.mp3
2-Lesson 12 Ex 5 Bass 200 BPM.mp3
2-Lesson 12 Ex 5 Bass 250 BPM.mp3

Exercises 6-19 -- 8th Gets Beat Count

2-Lesson 12 Ex 6 8th at 138 BPM.mp3
2-Lesson 12 Ex 6 8th at 160 BPM.mp3

2-Lesson 12 Ex 7-8 8th at 138 BPM.mp3
2-Lesson 12 Ex 7-8 8th at 160 BPM.mp3

2-Lesson 12 Ex 9-13 8th at 138 BPM.mp3
2-Lesson 12 Ex 9-13 8th at 160 BPM.mp3

2-Lesson 12 Ex 14-19 8th at 138 BPM.mp3
2-Lesson 12 Ex 14-19 8th at 160 BPM.mp3

Exercises 6-19 – Dotted Quarter Gets Beat Count

2-Lesson 12 Ex 6 074 BPM.mp3

2-Lesson 12 Ex 6 092 BPM.mp3

2-Lesson 12 Ex 6 110 BPM.mp3

2-Lesson 12 Ex 7-8 074 BPM.mp3

2-Lesson 12 Ex 7-8 092 BPM.mp3

2-Lesson 12 Ex 7-8 110 BPM.mp3

2-Lesson 12 Ex 9-13 074 BPM.mp3

2-Lesson 12 Ex 9-13 092 BPM.mp3

2-Lesson 12 Ex 9-13 110 BPM.mp3

2-Lesson 12 Ex 14-19 074 BPM.mp3

2-Lesson 12 Ex 14-19 092 BPM.mp3

2-Lesson 12 Ex 14-19 110 BPM.mp3

Exercises 20-33

In these audio files, the 8th gets the beat count.

2-Lesson 12 Ex 20-25 Check 8th at 138 BPM.mp3

2-Lesson 12 Ex 26-28 8th at 138 BPM.mp3

2-Lesson 12 Ex 29-30 Check 8th at 138 BPM.mp3

2-Lesson 12 Ex 31-33 Check 8th at 138 BPM.mp3

In these audio files, the dotted quarter gets the beat count.

2-Lesson 12 Ex 20-25 Check 088 BPM.mp3

2-Lesson 12 Ex 26-28 088 BPM.mp3

2-Lesson 12 Ex 29-30 Check 088 BPM.mp3

2-Lesson 12 Ex 31-33 Check 088 BPM.mp3

Lesson 14: 32nd Notes in 8th Note Time Signatures

Audio files are as specified below.

2-Lesson 14 Ex 1 192 BPM.mp3

2-Lesson 14 Ex 1 260 BPM.mp3

2-Lesson 14 Ex 2 094 BPM.mp3

2-Lesson 14 Ex 2 120 BPM.mp3

2-Lesson 14 Ex 3 154 BPM.mp3

2-Lesson 14 Ex 3 200 BPM.mp3

2-Lesson 14 Ex 4 044 BPM.mp3

2-Lesson 14 Ex 4 068 BPM.mp3

2-Lesson 14 Ex 4 082 BPM.mp3

2-Lesson 14 Ex 5 072 BPM.mp3

2-Lesson 14 Ex 5 098 BPM.mp3

2-Lesson 14 Ex 5 124 BPM.mp3

Snare and Click Track

2-Lesson 14 Ex 5 Snare+Click 070 BPM.mp3

2-Lesson 14 Ex 5 Snare+Click 098 BPM.mp3

2-Lesson 14 Ex 5 Snare+Click 118 BPM.mp3

Click Track Only

2-Lesson 14 Ex 5 Click 074 BPM.mp3

2-Lesson 14 Ex 5 Click 098 BPM.mp3

2-Lesson 14 Ex 5 Click 126 BPM.mp3

Lesson 15: The Traditional Tie

Audio files are as specified below.

2-Lesson 15 Ex 1 132 BPM.mp3

2-Lesson 15 Ex 2 118 BPM.mp3

2-Lesson 15 Ex 3 106 BPM.mp3

2-Lesson 15 Ex 4 096 BPM.mp3

Lesson 16: 6's and 16th Note Triplets

Audio files are as specified below.

2-Lesson 16 Ex 1-4 060 BPM.mp3

2-Lesson 16 Ex 1-4 080 BPM.mp3

2-Lesson 16 Ex 1-4 100 BPM.mp3

2-Lesson 16 Ex 1-4 120 BPM.mp3

2-Lesson 16 Ex 1-4 140 BPM.mp3

2-Lesson 16 Ex 5-8 060 BPM.mp3

2-Lesson 16 Ex 5-8 080 BPM.mp3

2-Lesson 16 Ex 5-8 100 BPM.mp3

2-Lesson 16 Ex 5-8 120 BPM.mp3

2-Lesson 16 Ex 5-8 140 BPM.mp3

2-Lesson 16 Ex 9-12 060 BPM.mp3

2-Lesson 16 Ex 9-12 080 BPM.mp3

2-Lesson 16 Ex 9-12 100 BPM.mp3

2-Lesson 16 Ex 9-12 120 BPM.mp3

2-Lesson 16 Ex 9-12 140 BPM.mp3

2-Lesson 16 Ex 13-19 060 BPM.mp3

2-Lesson 16 Ex 13-19 080 BPM.mp3

2-Lesson 16 Ex 13-19 100 BPM.mp3

2-Lesson 16 Ex 13-19 120 BPM.mp3

2-Lesson 16 Ex 13-19 140 BPM.mp3

2-Lesson 16 Ex 20 072 BPM.mp3

2-Lesson 16 Ex 20 104 BPM.mp3

2-Lesson 16 Ex 20 120 BPM.mp3

2-Lesson 16 Ex 20 132 BPM.mp3

2-Lesson 16 Ex 21 056 BPM.mp3

2-Lesson 16 Ex 21 098 BPM.mp3

2-Lesson 16 Ex 21 118 BPM.mp3

2-Lesson 16 Ex 21 138 BPM.mp3

2-Lesson 16 Ex 22 064 BPM.mp3

2-Lesson 16 Ex 22 102 BPM.mp3

2-Lesson 16 Ex 22 122 BPM.mp3

2-Lesson 16 Ex 22 126 BPM.mp3

2-Lesson 16 Ex 23 052 BPM.mp3

2-Lesson 16 Ex 23 096 BPM.mp3

2-Lesson 16 Ex 23 124 BPM.mp3

2-Lesson 16 Ex 23 142 BPM.mp3

Lesson 17: Refining the Closed Roll

Audio files are as specified below.

Check Pattern

2-Lesson 17 Ex 11 Check 042 BPM.mp3

2-Lesson 17 Ex 11 Check 050 BPM.mp3

2-Lesson 17 Ex 12 Check 062 BPM.mp3

2-Lesson 17 Ex 12 Check 070 BPM.mp3

2-Lesson 17 Ex 13 Check 096 BPM.mp3

2-Lesson 17 Ex 13 Check 112 BPM.mp3

2-Lesson 17 Ex 14 Check 184 BPM.mp3

2-Lesson 17 Ex 14 Check 208 BPM.mp3

2-Lesson 17 Ex 15 Check 138 BPM.mp3

2-Lesson 17 Ex 15 Check 170 BPM.mp3

2-Lesson 17 Ex 16 Check 078 BPM.mp3

2-Lesson 17 Ex 16 Check 086 BPM.mp3

2-Lesson 17 Ex 17-19 Check 120 BPM.mp3

2-Lesson 17 Ex 17-19 Check 084 BPM.mp3

2-Lesson 17 Ex 17-19 Check 104 BPM.mp3

2-Lesson 17 Ex 20 Check 158 BPM.mp3

2-Lesson 17 Ex 20 Check 190 BPM.mp3

2-Lesson 17 Ex 21 Check 104 BPM.mp3

2-Lesson 17 Ex 21 Check 120 BPM.mp3

2-Lesson 17 Ex 22 Check 112 BPM.mp3

2-Lesson 17 Ex 22 Check 132 BPM.mp3

Lesson 18: Staccato Crush Roll

Audio files are as specified below.

Check Pattern

2-Lesson 18 Ex 1 Check 096 BPM.mp3

2-Lesson 18 Ex 2 Check 108 BPM.mp3

2-Lesson 18 Ex 3 Check 120 BPM.mp3

2-Lesson 18 Ex 4 Check 104 BPM.mp3

Lesson 19: Refining Double Strokes

Audio files are as specified below.

2-Lesson 19 Ex 1 060 BPM.mp3

2-Lesson 19 Ex 1 080 BPM.mp3

2-Lesson 19 Ex 1 100 BPM.mp3

2-Lesson 19 Ex 2 160 BPM.mp3

2-Lesson 19 Ex 2 200 BPM.mp3

2-Lesson 19 Ex 2 240 BPM.mp3

2-Lesson 19 Ex 3 082 BPM.mp3

2-Lesson 19 Ex 3 096 BPM.mp3

2-Lesson 19 Ex 3 118 BPM.mp3

2-Lesson 19 Ex 4 068 BPM.mp3

2-Lesson 19 Ex 4 084 BPM.mp3

2-Lesson 19 Ex 4 096 BPM.mp3

2-Lesson 19 Ex 5 048 BPM.mp3

2-Lesson 19 Ex 5 076 BPM.mp3

2-Lesson 19 Ex 5 088 BPM.mp3

2-Lesson 19 Ex 6 048 BPM.mp3

2-Lesson 19 Ex 6 076 BPM.mp3

2-Lesson 19 Ex 6 088 BPM.mp3

2-Lesson 19 Ex 7 162 BPM.mp3

2-Lesson 19 Ex 7 192 BPM.mp3

2-Lesson 19 Ex 7 232 BPM.mp3

2-Lesson 19 Ex 8 132 BPM.mp3

2-Lesson 19 Ex 8 152 BPM.mp3

2-Lesson 19 Ex 8 194 BPM.mp3

2-Lesson 19 Ex 9 094 BPM.mp3

2-Lesson 19 Ex 9 116 BPM.mp3

2-Lesson 19 Ex 9 138 BPM.mp3

2-Lesson 19 Ex 10 088 BPM.mp3 (play 6x's)

2-Lesson 19 Ex 10 108 BPM.mp3 (play 6x's)

2-Lesson 19 Ex 10 120 BPM.mp3 (play 6x's)

2-Lesson 19 Ex 11 092 BPM.mp3

2-Lesson 19 Ex 11 110 BPM.mp3

2-Lesson 19 Ex 11 124 BPM.mp3

2-Lesson 19 Ex 12 078 BPM.mp3

2-Lesson 19 Ex 12 092 BPM.mp3

2-Lesson 19 Ex 12 114 BPM.mp3

Lesson 20: Triple Strokes

Audio files are as specified below.

2-Lesson 20 Ex 1 138 BPM.mp3

2-Lesson 20 Ex 1 160 BPM.mp3

2-Lesson 20 Ex 1 180 BPM.mp3

2-Lesson 20 Ex 2 078 BPM.mp3

2-Lesson 20 Ex 2 092 BPM.mp3

2-Lesson 20 Ex 2 110 BPM.mp3

2-Lesson 20 Ex 3 081 BPM.mp3

2-Lesson 20 Ex 3 100 BPM.mp3

2-Lesson 20 Ex 3 111 BPM.mp3

2-Lesson 20 Ex 4 072 BPM.mp3

2-Lesson 20 Ex 4 096 BPM.mp3

2-Lesson 20 Ex 4 115 BPM.mp3

Lesson 21: 16th Note Triplets in 6/8 and 5/8

Audio files are as specified below.

2-Lesson 21 Ex 1-3 072 BPM.mp3
2-Lesson 21 Ex 1-3 085 BPM.mp3
2-Lesson 21 Ex 1-3 098 BPM.mp3

2-Lesson 21 Ex 4-7 072 BPM.mp3
2-Lesson 21 Ex 4-7 085 BPM.mp3
2-Lesson 21 Ex 4-7 098 BPM.mp3

2-Lesson 21 Ex 8-10 158 BPM.mp3
2-Lesson 21 Ex 8-10 198 BPM.mp3
2-Lesson 21 Ex 8-10 240 BPM.mp3

2-Lesson 21 Ex 11 158 BPM.mp3
2-Lesson 21 Ex 11 198 BPM.mp3
2-Lesson 21 Ex 11 240 BPM.mp3

2-Lesson 21 Ex 12-13 065 BPM.mp3
2-Lesson 21 Ex 12-13 075 BPM.mp3
2-Lesson 21 Ex 12-13 085 BPM.mp3

Lesson 22: Flam Attack Rolls

None.

Lesson 23: Accents, Legato Accents, and Rim Shots

Audio files are as specified below.

2-Lesson 23 Ex 1 085 BPM.mp3
2-Lesson 23 Ex 1 105 BPM.mp3
2-Lesson 23 Ex 1 125 BPM.mp3
2-Lesson 23 Ex 3 145 BPM.mp3

2-Lesson 23 Ex 2 085 BPM.mp3
2-Lesson 23 Ex 2 105 BPM.mp3
2-Lesson 23 Ex 2 125 BPM.mp3
2-Lesson 23 Ex 3 145 BPM.mp3

2-Lesson 23 Ex 3 085 BPM.mp3
2-Lesson 23 Ex 3 105 BPM.mp3
2-Lesson 23 Ex 3 125 BPM.mp3
2-Lesson 23 Ex 3 145 BPM.mp3

Lesson 24: Style and Interpretation

None.

Appendix A: Warm-Up Set 2

None.

Appendix B: Triplet and 16th Note Accent Patterns

Audio files are as specified below. Use these audio files to correctly play the rhythmic pattern and to verify your timing. Each audio file plays the check pattern 20 times. The last repeat has a musical queue. I recommend you practice each exercise for the full length of the appropriate audio file and practice all of the audio files for the given exercise.

12/8 Triplet Exercises

2-Appendix B Ex 1-16 Check 055 BPM.mp3
2-Appendix B Ex 1-16 Check 075 BPM.mp3
2-Appendix B Ex 1-16 Check 095 BPM.mp3
2-Appendix B Ex 1-16 Check 115 BPM.mp3

2-Appendix B Ex 17-22 Check 060 BPM.mp3
2-Appendix B Ex 17-22 Check 080 BPM.mp3
2-Appendix B Ex 17-22 Check 100 BPM.mp3
2-Appendix B Ex 17-22 Check 120 BPM.mp3

2-Appendix B Ex 23-28 Check 068 BPM.mp3
2-Appendix B Ex 23-28 Check 088 BPM.mp3
2-Appendix B Ex 23-28 Check 108 BPM.mp3
2-Appendix B Ex 23-28 Check 128 BPM.mp3

2-Appendix B Ex 29-32 Check 065 BPM.mp3
2-Appendix B Ex 29-32 Check 085 BPM.mp3
2-Appendix B Ex 29-32 Check 105 BPM.mp3

4/4 16th Note Exercises

2-Appendix B 16ths Ex 1-16 Check 055 BPM.mp3
2-Appendix B 16ths Ex 1-16 Check 075 BPM.mp3
2-Appendix B 16ths Ex 1-16 Check 095 BPM.mp3
2-Appendix B 16ths Ex 1-16 Check 115 BPM.mp3

2-Appendix B 16ths Ex 17-21 Check 060 BPM.mp3
2-Appendix B 16ths Ex 17-21 Check 080 BPM.mp3
2-Appendix B 16ths Ex 17-21 Check 100 BPM.mp3
2-Appendix B 16ths Ex 17-21 Check 120 BPM.mp3

2-Appendix B 16ths Ex 22-26 Check 068 BPM.mp3
2-Appendix B 16ths Ex 22-26 Check 088 BPM.mp3
2-Appendix B 16ths Ex 22-26 Check 108 BPM.mp3

2-Appendix B 16ths Ex 27-32 Check 065 BPM.mp3
2-Appendix B 16ths Ex 27-32 Check 085 BPM.mp3

Appendix C: Snare Solos

Audio files are at a practice tempo of 60 beats per minute and a performance tempo of 72 beats per minute.

2-Solo 68 Check 060 BPM.mp3
2-Solo 68 Check 072 BPM.mp3

2-Solo Boleroest Check 060 BPM.mp3
2-Solo Boleroest Check 072 BPM.mp3

Lesson 1: Common Rhythm Review / Sticking Styles

Audio files are as specified below.

3-Lesson 01 Ex 1-12 078 BPM.mp3
 3-Lesson 01 Ex 1-12 112 BPM.mp3
 3-Lesson 01 Ex 1-12 144 BPM.mp3

Lesson 2: Duplets (2's) and Quadruplets (4's)

Audio files are as specified below.

3-Lesson 02 Ex 1-2 093 BPM.mp3
 3-Lesson 02 Ex 1-2 117 BPM.mp3
 3-Lesson 02 Ex 1-2 144 BPM.mp3
 3-Lesson 02 Ex 1-2 160 BPM.mp3

3-Lesson 02 Ex 3-4 081 BPM.mp3
 3-Lesson 02 Ex 3-4 120 BPM.mp3
 3-Lesson 02 Ex 3-4 132 BPM.mp3

3-Lesson 02 Ex 5 099 BPM.mp3
 3-Lesson 02 Ex 5 126 BPM.mp3

3-Lesson 02 Ex 6 149 BPM.mp3
 3-Lesson 02 Ex 6 172 BPM.mp3
 3-Lesson 02 Ex 6 211 BPM.mp3

3-Lesson 02 Ex 7 161 BPM.mp3
 3-Lesson 02 Ex 7 200 BPM.mp3
 3-Lesson 02 Ex 7 263 BPM.mp3

3-Lesson 02 Ex 8 087 BPM.mp3
 3-Lesson 02 Ex 8 108 BPM.mp3
 3-Lesson 02 Ex 8 117 BPM.mp3

Lesson 3: Quintuplets (5's) and Septuplets (7's)

Audio files are as specified below.

3-Lesson 03 Ex 1 078 BPM.mp3
 3-Lesson 03 Ex 1 110 BPM.mp3

3-Lesson 03 Ex 2 068 BPM.mp3
 3-Lesson 03 Ex 2 100 BPM.mp3

3-Lesson 03 Ex 3 060 BPM.mp3
 3-Lesson 03 Ex 3 096 BPM.mp3

3-Lesson 03 Ex 4 054 BPM.mp3
 3-Lesson 03 Ex 4 100 BPM.mp3

3-Lesson 03 Ex 5 112 BPM.mp3

3-Lesson 03 Ex 6 092 BPM.mp3

3-Lesson 03 Ex 7 088 BPM.mp3

3-Lesson 03 Ex 8 160 BPM.mp3

Lesson 4: Refining Triple Strokes

Audio files are as specified below.

3-Lesson 04 Ex 1 040 BPM.mp3
 3-Lesson 04 Ex 1 061 BPM.mp3
 3-Lesson 04 Ex 1 072 BPM.mp3

3-Lesson 04 Ex 2 038 BPM.mp3
 3-Lesson 04 Ex 2 052 BPM.mp3

3-Lesson 04 Ex 3 159 BPM.mp3
 3-Lesson 04 Ex 3 179 BPM.mp3

3-Lesson 04 Ex 3 200 BPM.mp3

3-Lesson 04 Ex 4 148 BPM.mp3
 3-Lesson 04 Ex 4 168 BPM.mp3
 3-Lesson 04 Ex 4 188 BPM.mp3

3-Lesson 04 Ex 5 036 BPM.mp3
 3-Lesson 04 Ex 5 054 BPM.mp3

3-Lesson 04 Ex 6 028 BPM.mp3
 3-Lesson 04 Ex 6 040 BPM.mp3

Lesson 5: 32nd Note Singles

Audio files are as specified below.

3-Lesson 05 Ex 01 068 BPM.mp3
 3-Lesson 05 Ex 01 088 BPM.mp3
 3-Lesson 05 Ex 01 108 BPM.mp3

3-Lesson 05 Ex 02 072 BPM.mp3
 3-Lesson 05 Ex 02 084 BPM.mp3
 3-Lesson 05 Ex 02 100 BPM.mp3

3-Lesson 05 Ex 03 076 BPM.mp3
 3-Lesson 05 Ex 03 084 BPM.mp3
 3-Lesson 05 Ex 03 092 BPM.mp3

3-Lesson 05 Ex 04 056 BPM.mp3
 3-Lesson 05 Ex 04 082 BPM.mp3
 3-Lesson 05 Ex 04 110 BPM.mp3

3-Lesson 05 Ex 05 054 BPM.mp3
 3-Lesson 05 Ex 05 078 BPM.mp3
 3-Lesson 05 Ex 05 096 BPM.mp3

3-Lesson 05 Ex 06 060 BPM.mp3
 3-Lesson 05 Ex 06 075 BPM.mp3
 3-Lesson 05 Ex 06 088 BPM.mp3

3-Lesson 05 Ex 07 064 BPM.mp3
 3-Lesson 05 Ex 07 078 BPM.mp3
 3-Lesson 05 Ex 07 090 BPM.mp3

3-Lesson 05 Ex 08 064 BPM.mp3
 3-Lesson 05 Ex 08 078 BPM.mp3
 3-Lesson 05 Ex 08 086 BPM.mp3

3-Lesson 05 Ex 09 044 BPM.mp3
 3-Lesson 05 Ex 09 064 BPM.mp3
 3-Lesson 05 Ex 09 084 BPM.mp3

3-Lesson 05 Ex 10 060 BPM.mp3
 3-Lesson 05 Ex 10 080 BPM.mp3
 3-Lesson 05 Ex 10 100 BPM.mp3

Lesson 6: Alternative Notation

Audio files are as specified below.

3-Lesson 06 Ex 1 096 BPM.mp3
 3-Lesson 06 Ex 2 140 BPM.mp3
 3-Lesson 06 Ex 3 Check 120 BPM.mp3
 3-Lesson 06 Ex 4 Check 118 BPM.mp3
 3-Lesson 06 Ex 5 112 BPM.mp3

Lesson 7: Advanced Time Signatures

Audio files are as specified below.

3-Lesson 07 Ex 01 Check 138 BPM.mp3
 3-Lesson 07 Ex 02 Check 120 BPM.mp3
 3-Lesson 07 Ex 03 Check 112 BPM.mp3
 3-Lesson 07 Ex 04 Check 120 BPM.mp3
 3-Lesson 07 Ex 05 Check 144 BPM.mp3
 3-Lesson 07 Ex 06 Check 120 BPM.mp3
 3-Lesson 07 Ex 07 Check 260 BPM.mp3

3-Lesson 07 Ex 08 Check 300 BPM.mp3
 3-Lesson 07 Ex 09 Check 072 BPM.mp3
 3-Lesson 07 Ex 10 Check 152 BPM.mp3
 3-Lesson 07 Ex 11 Check 110 BPM.mp3
 3-Lesson 07 Ex 12 Check 120 BPM.mp3
 3-Lesson 07 Ex 13 Check 120 BPM.mp3
 3-Lesson 07 Ex 14 Check 152 BPM.mp3
 3-Lesson 07 Ex 15 Check 108 BPM.mp3
 3-Lesson 07 Ex 16 112 BPM.mp3
 3-Lesson 07 Ex 17 092 BPM.mp3 (2 m. intro)
 3-Lesson 07 Ex 18 060 BPM.mp3 (2 m. intro)
 3-Lesson 07 Ex 19 300 BPM.mp3
 3-Lesson 07 Ex 20 Check 210 BPM.mp3
 3-Lesson 07 Ex 21 Check 208 BPM.mp3
 3-Lesson 07 Ex 22 200 BPM.mp3
 3-Lesson 07 Ex 23 120 BPM.mp3

Lesson 8: 64th Notes in 16th Note Time Signatures

Audio files are as specified below.

3-Lesson 08 Ex 1 144 BPM.mp3
 3-Lesson 08 Ex 2 184 BPM.mp3
 3-Lesson 08 Ex 3 178 BPM.mp3
 3-Lesson 08 Ex 4 210 BPM.mp3

The following audio files include all four exercises in a single audio file.

3-Lesson 08 Ex 1-4 100 BPM.mp3
 3-Lesson 08 Ex 1-4 132 BPM.mp3
 3-Lesson 08 Ex 1-4 152 BPM.mp3
 3-Lesson 08 Ex 1-4 178 BPM.mp3

Bass Only

3-Lesson 08 Ex 1-4 Bass 120 BPM.mp3
 3-Lesson 08 Ex 1-4 Bass 138 BPM.mp3
 3-Lesson 08 Ex 1-4 Bass 160 BPM.mp3

Lesson 9: 128th Notes in 32nd Note Time Signatures

Audio files are as specified below.

3-Lesson 09 Ex 1 032 BPM.mp3
 3-Lesson 09 Ex 2 072 BPM.mp3
 3-Lesson 09 Ex 3 Check 120 BPM.mp3

Lesson 10: Odd Time Rhythmic Review

Audio files are as specified below.

3-Lesson 10 Ex 1 160 BPM.mp3
 3-Lesson 10 Ex 2 144 BPM.mp3
 3-Lesson 10 Ex 3 120 BPM.mp3
 3-Lesson 10 Ex 4 092 BPM.mp3

Lesson 11: Prime Numbers and Rhythm

Audio files are as specified below.

3-Lesson 11 Ex 1 054 BPM.mp3
 3-Lesson 11 Ex 1 068 BPM.mp3

3-Lesson 11 Ex 2 085 BPM.mp3
 3-Lesson 11 Ex 2 100 BPM.mp3

3-Lesson 11 Ex 3 052 BPM.mp3
 3-Lesson 11 Ex 3 068 BPM.mp3

Lesson 12: Rhythmic Mnemonics

Audio files are as specified below.

3-Lesson 12 Ex 1 050 BPM.mp3
 3-Lesson 12 Ex 1 075 BPM.mp3
 3-Lesson 12 Ex 1 100 BPM.mp3

3-Lesson 12 Ex 2 040 BPM.mp3
 3-Lesson 12 Ex 2 060 BPM.mp3
 3-Lesson 12 Ex 2 080 BPM.mp3

3-Lesson 12 Ex 3 038 BPM.mp3
 3-Lesson 12 Ex 3 048 BPM.mp3
 3-Lesson 12 Ex 3 058 BPM.mp3

Lesson 13: Easy Breakdowns

Audio files are as specified below.

3-Lesson 13 Ex 1 055 BPM.mp3
 3-Lesson 13 Ex 1 085 BPM.mp3
 3-Lesson 13 Ex 1 120 BPM.mp3

3-Lesson 13 Ex 2 050 BPM.mp3
 3-Lesson 13 Ex 2 075 BPM.mp3
 3-Lesson 13 Ex 2 100 BPM.mp3

3-Lesson 13 Ex 3 058 BPM.mp3
 3-Lesson 13 Ex 3 068 BPM.mp3
 3-Lesson 13 Ex 3 078 BPM.mp3

3-Lesson 13 Ex 4 040 BPM.mp3
 3-Lesson 13 Ex 4 050 BPM.mp3
 3-Lesson 13 Ex 4 060 BPM.mp3

3-Lesson 13 Ex 5 040 BPM.mp3
 3-Lesson 13 Ex 5 054 BPM.mp3
 3-Lesson 13 Ex 5 068 BPM.mp3

3-Lesson 13 Ex 6 038 BPM.mp3
 3-Lesson 13 Ex 6 052 BPM.mp3
 3-Lesson 13 Ex 6 068 BPM.mp3

3-Lesson 13 Ex 7 049 BPM.mp3
 3-Lesson 13 Ex 7 076 BPM.mp3
 3-Lesson 13 Ex 7 092 BPM.mp3

Lesson 14: Adv. ¼ Note Triplet Ex.s

Audio files are as specified below.

3-Lesson 14 Ex 1 108 BPM.mp3
 3-Lesson 14 Ex 1 138 BPM.mp3
 3-Lesson 14 Ex 1 168 BPM.mp3

3-Lesson 14 Ex 2 095 BPM.mp3
 3-Lesson 14 Ex 2 120 BPM.mp3
 3-Lesson 14 Ex 2 126 BPM.mp3

3-Lesson 14 Ex 3 Check 068 BPM.mp3
 3-Lesson 14 Ex 3 Check 088 BPM.mp3
 3-Lesson 14 Ex 3 Check 102 BPM.mp3

3-Lesson 14 Ex 4 106 BPM.mp3
 3-Lesson 14 Ex 4 126 BPM.mp3
 3-Lesson 14 Ex 4 136 BPM.mp3

3-Lesson 14 Ex 5 082 BPM.mp3
 3-Lesson 14 Ex 5 104 BPM.mp3
 3-Lesson 14 Ex 5 126 BPM.mp3

Lesson 15: Advanced Tuples

Audio files are as specified below.

3-Lesson 15 Ex 01 058 BPM.mp3
3-Lesson 15 Ex 01 080 BPM.mp3
3-Lesson 15 Ex 01 116 BPM.mp3

3-Lesson 15 Ex 02 062 BPM.mp3
3-Lesson 15 Ex 02 080 BPM.mp3
3-Lesson 15 Ex 02 102 BPM.mp3

3-Lesson 15 Ex 03 098 BPM.mp3
3-Lesson 15 Ex 03 120 BPM.mp3

3-Lesson 15 Ex 04 074 BPM.mp3
3-Lesson 15 Ex 04 108 BPM.mp3

3-Lesson 15 Ex 05 Check 040 BPM.mp3
3-Lesson 15 Ex 05 Check 058 BPM.mp3

3-Lesson 15 Ex 06 048 BPM.mp3
3-Lesson 15 Ex 06 060 BPM.mp3

3-Lesson 15 Ex 07 060 BPM.mp3
3-Lesson 15 Ex 07 072 BPM.mp3

3-Lesson 15 Ex 08 Check 064 BPM.mp3
3-Lesson 15 Ex 08 Check 074 BPM.mp3

3-Lesson 15 Ex 09 070 BPM.mp3
3-Lesson 15 Ex 09 084 BPM.mp3
3-Lesson 15 Ex 09 104 BPM.mp3

3-Lesson 15 Ex 10 096 BPM.mp3
3-Lesson 15 Ex 10 112 BPM.mp3

3-Lesson 15 Ex 11 082 BPM.mp3
3-Lesson 15 Ex 11 112 BPM.mp3

3-Lesson 15 Ex 12 042 BPM.mp3
3-Lesson 15 Ex 12 060 BPM.mp3
3-Lesson 15 Ex 12 072 BPM.mp3

3-Lesson 15 Ex 13 060 BPM.mp3
3-Lesson 15 Ex 13 074 BPM.mp3

3-Lesson 15 Ex 14 Check 038 BPM.mp3
3-Lesson 15 Ex 14 Check 076 BPM.mp3

3-Lesson 15 Ex 15 102 BPM.mp3
3-Lesson 15 Ex 15 132 BPM.mp3

3-Lesson 15 Ex 16 096 BPM.mp3
3-Lesson 15 Ex 16 120 BPM.mp3
3-Lesson 15 Ex 16 132 BPM.mp3

3-Lesson 15 Ex 17 112 BPM.mp3
3-Lesson 15 Ex 17 144 BPM.mp3

3-Lesson 15 Ex 18 120 BPM.mp3
3-Lesson 15 Ex 18 135 BPM.mp3

3-Lesson 15 Ex 19 116 BPM.mp3
3-Lesson 15 Ex 19 152 BPM.mp3

3-Lesson 15 Ex 20 048 BPM.mp3
3-Lesson 15 Ex 20 068 BPM.mp3

3-Lesson 15 Ex 20 088 BPM.mp3
3-Lesson 15 Ex 20 108 BPM.mp3

3-Lesson 15 Ex 21 086 BPM.mp3
3-Lesson 15 Ex 21 108 BPM.mp3

3-Lesson 15 Ex 22 155 BPM.mp3
3-Lesson 15 Ex 22 180 BPM.mp3
3-Lesson 15 Ex 22 215 BPM.mp3

3-Lesson 15 Ex 23 046 BPM.mp3
3-Lesson 15 Ex 23 066 BPM.mp3

3-Lesson 15 Ex 24 066 BPM.mp3
3-Lesson 15 Ex 24 076 BPM.mp3

3-Lesson 15 Ex 25 120 BPM.mp3
3-Lesson 15 Ex 25 135 BPM.mp3

3-Lesson 15 Ex 26 118 BPM.mp3
3-Lesson 15 Ex 26 144 BPM.mp3

3-Lesson 15 Ex 27 095 BPM.mp3
3-Lesson 15 Ex 27 120 BPM.mp3

3-Lesson 15 Ex 28 132 BPM.mp3
3-Lesson 15 Ex 28 146 BPM.mp3

3-Lesson 15 Ex 29 065 BPM.mp3
3-Lesson 15 Ex 29 080 BPM.mp3
3-Lesson 15 Ex 29 105 BPM.mp3

3-Lesson 15 Ex 30 092 BPM.mp3
3-Lesson 15 Ex 30 106 BPM.mp3

3-Lesson 15 Ex 31 066 BPM.mp3
3-Lesson 15 Ex 31 078 BPM.mp3

3-Lesson 15 Ex 32 066 BPM.mp3
3-Lesson 15 Ex 32 078 BPM.mp3

3-Lesson 15 Ex 33 068 BPM.mp3
3-Lesson 15 Ex 33 088 BPM.mp3

3-Lesson 15 Ex 34 088 BPM.mp3
3-Lesson 15 Ex 34 108 BPM.mp3

3-Lesson 15 Ex 35 Check 072 BPM.mp3
3-Lesson 15 Ex 35 Check 078 BPM.mp3

3-Lesson 15 Ex 36 096 BPM.mp3
3-Lesson 15 Ex 36 110 BPM.mp3

3-Lesson 15 Ex 37 082 BPM.mp3
3-Lesson 15 Ex 37 110 BPM.mp3

3-Lesson 15 Ex 38 052 BPM.mp3
3-Lesson 15 Ex 38 082 BPM.mp3

Lesson 16: Tuple Problem Areas

Audio files are as specified below.

3-Lesson 16 Ex 1 057 BPM.mp3
3-Lesson 16 Ex 1 090 BPM.mp3

3-Lesson 16 Ex 2 078 BPM.mp3
3-Lesson 16 Ex 2 092 BPM.mp3

3-Lesson 16 Ex 3 076 BPM.mp3

3-Lesson 16 Ex 3 096 BPM.mp3

3-Lesson 16 Ex 4 080 BPM.mp3

3-Lesson 16 Ex 4 120 BPM.mp3

3-Lesson 16 Ex 5 091 BPM.mp3

3-Lesson 16 Ex 5 110 BPM.mp3

3-Lesson 16 Ex 6 Check 070 BPM.mp3

3-Lesson 16 Ex 6 Check 090 BPM.mp3

Lesson 17: Shifting Beat Group

Audio files are as specified below.

3-Lesson 17 Ex 1 180 BPM.mp3

3-Lesson 17 Ex 1 260 BPM.mp3

3-Lesson 17 Ex 1 320 BPM.mp3

2 Measure Count Off

3-Lesson 17 Ex 2 076 BPM.mp3

3-Lesson 17 Ex 2 090 BPM.mp3

3-Lesson 17 Ex 2 104 BPM.mp3

3-Lesson 17 Ex 2 118 BPM.mp3

3-Lesson 17 Ex 3 098 BPM.mp3

3-Lesson 17 Ex 3 138 BPM.mp3

3-Lesson 17 Ex 3 160 BPM.mp3

3-Lesson 17 Ex 3 210 BPM.mp3

Lesson 18: Switching Beat Duration (Same Beat Count)

Audio files are as specified below.

3-Lesson 18 Ex 1 092 BPM.mp3

3-Lesson 18 Ex 2 116 BPM.mp3

3-Lesson 18 Ex 3 088 BPM.mp3

3-Lesson 18 Ex 3 104 BPM.mp3

3-Lesson 18 Ex 4 100 BPM.mp3

Lesson 19: Switching Beat Duration

Audio files are as specified below.

3-Lesson 19 Ex 01 078 BPM.mp3

3-Lesson 19 Ex 01 124 BPM.mp3

3-Lesson 19 Ex 01 136 BPM.mp3

3-Lesson 19 Ex 01 158 BPM.mp3

3-Lesson 19 Ex 02 066 BPM.mp3

3-Lesson 19 Ex 02 120 BPM.mp3

3-Lesson 19 Ex 02 172 BPM.mp3

3-Lesson 19 Ex 03 094 BPM.mp3

3-Lesson 19 Ex 03 152 BPM.mp3

3-Lesson 19 Ex 04 084 BPM.mp3

3-Lesson 19 Ex 04 118 BPM.mp3

3-Lesson 19 Ex 04 172 BPM.mp3

3-Lesson 19 Ex 05 080 BPM.mp3

3-Lesson 19 Ex 05 122 BPM.mp3

3-Lesson 19 Ex 06 082 BPM.mp3

3-Lesson 19 Ex 06 108 BPM.mp3

3-Lesson 19 Ex 06 138 BPM.mp3

3-Lesson 19 Ex 07 088 BPM.mp3

3-Lesson 19 Ex 07 108 BPM.mp3

3-Lesson 19 Ex 07 128 BPM.mp3

3-Lesson 19 Ex 08 090 BPM.mp3

3-Lesson 19 Ex 08 110 BPM.mp3

3-Lesson 19 Ex 09 072 BPM.mp3

3-Lesson 19 Ex 09 092 BPM.mp3

3-Lesson 19 Ex 09 122 BPM.mp3

3-Lesson 19 Ex 10 084 BPM.mp3

3-Lesson 19 Ex 10 112 BPM.mp3

3-Lesson 19 Ex 11 Check 114 BPM.mp3

3-Lesson 19 Ex 12 082 BPM.mp3

3-Lesson 19 Ex 12 112 BPM.mp3

3-Lesson 19 Ex 12 132 BPM.mp3

3-Lesson 19 Ex 13 084 BPM.mp3

3-Lesson 19 Ex 13 114 BPM.mp3

3-Lesson 19 Ex 13 130 BPM.mp3

3-Lesson 19 Ex 14 086 BPM.mp3

3-Lesson 19 Ex 14 116 BPM.mp3

3-Lesson 19 Ex 14 128 BPM.mp3

3-Lesson 19 Ex 15 135 BPM.mp3

3-Lesson 19 Ex 15 160 BPM.mp3

Lesson 20: No Time Signature

Audio files are as specified below.

3-Lesson 20 Ex 1 Check 060 BPM.mp3

3-Lesson 20 Ex 1 Check 080 BPM.mp3

3-Lesson 20 Ex 1 Check 100 BPM.mp3

3-Lesson 20 Ex 1 Check 120 BPM.mp3

Lesson 21: Flat Flams and Polyrhythms

Audio files are as specified below. The top note is played on a cowbell and the bottom note is played on the snare.

3-Lesson 21 Ex 01 084 BPM.mp3

3-Lesson 21 Ex 01 124 BPM.mp3

3-Lesson 21 Ex 01 164 BPM.mp3

3-Lesson 21 Ex 02 064 BPM.mp3

3-Lesson 21 Ex 02 084 BPM.mp3

3-Lesson 21 Ex 03 092 BPM.mp3

3-Lesson 21 Ex 03 114 BPM.mp3

3-Lesson 21 Ex 04 058 BPM.mp3

3-Lesson 21 Ex 04 078 BPM.mp3

3-Lesson 21 Ex 05 180 BPM.mp3

3-Lesson 21 Ex 05 220 BPM.mp3

3-Lesson 21 Ex 06 132 BPM.mp3

3-Lesson 21 Ex 07 095 BPM.mp3

3-Lesson 21 Ex 07 120 BPM.mp3

3-Lesson 21 Ex 07 165 BPM.mp3

3-Lesson 21 Ex 08 045 BPM.mp3

3-Lesson 21 Ex 08 065 BPM.mp3

3-Lesson 21 Ex 08 085 BPM.mp3

3-Lesson 21 Ex 08 110 BPM.mp3

3-Lesson 21 Ex 09 045 BPM.mp3

3-Lesson 21 Ex 09 065 BPM.mp3

3-Lesson 21 Ex 09 085 BPM.mp3

3-Lesson 21 Ex 09 110 BPM.mp3
 3-Lesson 21 Ex 09 125 BPM.mp3
 3-Lesson 21 Ex 09 155 BPM.mp3
 3-Lesson 21 Ex 09 175 BPM.mp3
 3-Lesson 21 Ex 09 205 BPM.mp3

3-Lesson 21 Ex 10 042 BPM.mp3
 3-Lesson 21 Ex 10 062 BPM.mp3
 3-Lesson 21 Ex 10 082 BPM.mp3
 3-Lesson 21 Ex 10 102 BPM.mp3
 3-Lesson 21 Ex 10 122 BPM.mp3
 3-Lesson 21 Ex 10 152 BPM.mp3
 3-Lesson 21 Ex 10 172 BPM.mp3

3-Lesson 21 Ex 11 044 BPM.mp3
 3-Lesson 21 Ex 11 064 BPM.mp3
 3-Lesson 21 Ex 11 084 BPM.mp3
 3-Lesson 21 Ex 11 104 BPM.mp3
 3-Lesson 21 Ex 11 124 BPM.mp3
 3-Lesson 21 Ex 11 154 BPM.mp3
 3-Lesson 21 Ex 11 174 BPM.mp3

Appendix A: Warm-Up Set 3

None.

Appendix B: Mixed Rhythm Accent Patterns

Audio files are as specified below. Use these audio files to correctly play the rhythmic pattern and to verify your timing. Each audio file plays the check pattern 20 times. The last repeat has a musical queue. I recommend you practice each exercise for the full length of the appropriate audio file and practice all of the audio files for the given exercise.

Check Pattern

3-Appendix B Ex 1-2 Check 060 BPM.mp3
 3-Appendix B Ex 1-2 Check 080 BPM.mp3
 3-Appendix B Ex 1-2 Check 100 BPM.mp3
 3-Appendix B Ex 1-2 Check 120 BPM.mp3

3-Appendix B Ex 3-4 Check 082 BPM.mp3
 3-Appendix B Ex 3-4 Check 112 BPM.mp3
 3-Appendix B Ex 3-4 Check 132 BPM.mp3

3-Appendix B Ex 5-6 Check 054 BPM.mp3
 3-Appendix B Ex 5-6 Check 074 BPM.mp3
 3-Appendix B Ex 5-6 Check 104 BPM.mp3

3-Appendix B Ex 7-9 Check 065 BPM.mp3
 3-Appendix B Ex 7-9 Check 085 BPM.mp3
 3-Appendix B Ex 7-9 Check 105 BPM.mp3

3-Appendix B Ex 10-13 Check 055 BPM.mp3
 3-Appendix B Ex 10-13 Check 075 BPM.mp3
 3-Appendix B Ex 10-13 Check 095 BPM.mp3

3-Appendix B Ex 14-16 Check 049 BPM.mp3
 3-Appendix B Ex 14-16 Check 069 BPM.mp3
 3-Appendix B Ex 14-16 Check 089 BPM.mp3

3-Appendix B Ex 17-18 Check 073 BPM.mp3
 3-Appendix B Ex 17-18 Check 093 BPM.mp3
 3-Appendix B Ex 17-18 Check 113 BPM.mp3
 3-Appendix B Ex 17-18 Check 133 BPM.mp3

3-Appendix B Ex 19-20 Check 071 BPM.mp3
 3-Appendix B Ex 19-20 Check 091 BPM.mp3
 3-Appendix B Ex 19-20 Check 111 BPM.mp3

3-Appendix B Ex 21-22 Check 048 BPM.mp3
 3-Appendix B Ex 21-22 Check 078 BPM.mp3
 3-Appendix B Ex 21-22 Check 098 BPM.mp3

3-Appendix B Ex 23-25 Check 056 BPM.mp3
 3-Appendix B Ex 23-25 Check 086 BPM.mp3
 3-Appendix B Ex 23-25 Check 116 BPM.mp3

3-Appendix B Ex 26-29 Check 046 BPM.mp3
 3-Appendix B Ex 26-29 Check 066 BPM.mp3
 3-Appendix B Ex 26-29 Check 086 BPM.mp3

3-Appendix B Ex 30-32 Check 042 BPM.mp3
 3-Appendix B Ex 30-32 Check 072 BPM.mp3
 3-Appendix B Ex 30-32 Check 092 BPM.mp3

3-Appendix B Ex 33-35 Check 044 BPM.mp3
 3-Appendix B Ex 33-35 Check 064 BPM.mp3
 3-Appendix B Ex 33-35 Check 084 BPM.mp3
 3-Appendix B Ex 33-35 Check 104 BPM.mp3

3-Appendix B Ex 36-38 Check 052 BPM.mp3
 3-Appendix B Ex 36-38 Check 074 BPM.mp3
 3-Appendix B Ex 36-38 Check 086 BPM.mp3

3-Appendix B Ex 39-41 Check 058 BPM.mp3
 3-Appendix B Ex 39-41 Check 078 BPM.mp3
 3-Appendix B Ex 39-41 Check 098 BPM.mp3

3-Appendix B Ex 42-44 Check 040 BPM.mp3
 3-Appendix B Ex 42-44 Check 060 BPM.mp3
 3-Appendix B Ex 42-44 Check 080 BPM.mp3

3-Appendix B Ex 45-46 Check 055 BPM.mp3
 3-Appendix B Ex 45-46 Check 085 BPM.mp3

3-Appendix B Ex 47 Check 057 BPM.mp3
 3-Appendix B Ex 47 Check 082 BPM.mp3

3-Appendix B Ex 48 Check 048 BPM.mp3
 3-Appendix B Ex 48 Check 066 BPM.mp3
 3-Appendix B Ex 48 Check 084 BPM.mp3
 3-Appendix B Ex 48 Check 102 BPM.mp3

3-Appendix B Ex 49-51 Check 042 BPM.mp3
 3-Appendix B Ex 49-51 Check 060 BPM.mp3
 3-Appendix B Ex 49-51 Check 078 BPM.mp3

3-Appendix B Ex 52-54 Check 044 BPM.mp3
 3-Appendix B Ex 52-54 Check 062 BPM.mp3
 3-Appendix B Ex 52-54 Check 080 BPM.mp3

3-Appendix B Ex 55-57 Check 047 BPM.mp3
 3-Appendix B Ex 55-57 Check 065 BPM.mp3
 3-Appendix B Ex 55-57 Check 083 BPM.mp3

3-Appendix B Ex 58-60 Check 041 BPM.mp3
 3-Appendix B Ex 58-60 Check 059 BPM.mp3
 3-Appendix B Ex 58-60 Check 077 BPM.mp3

3-Appendix B Ex 61-62 Check 055 BPM.mp3
 3-Appendix B Ex 61-62 Check 075 BPM.mp3
 3-Appendix B Ex 61-62 Check 095 BPM.mp3

3-Appendix B Ex 63 Check 058 BPM.mp3
 3-Appendix B Ex 63 Check 084 BPM.mp3

3-Appendix B Ex 64 Check 062 BPM.mp3
 3-Appendix B Ex 64 Check 090 BPM.mp3

Appendix C: Final Snare Solo

None.