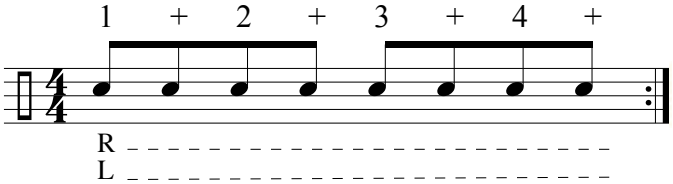
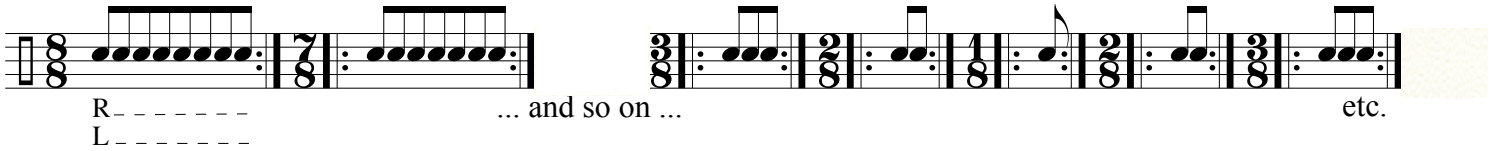
Warm-ups/Rudimental Exercises

J. Reed

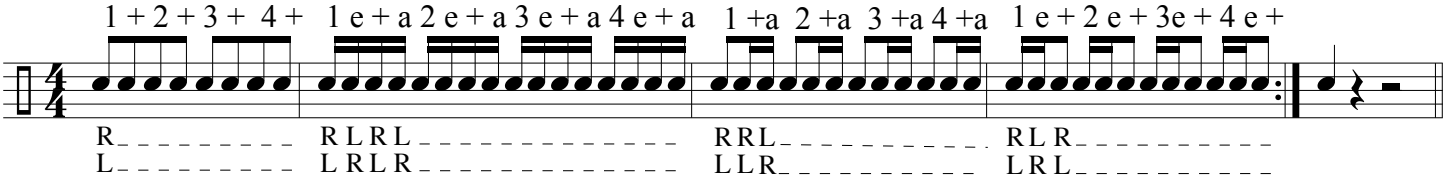
1. Eight on a Hand



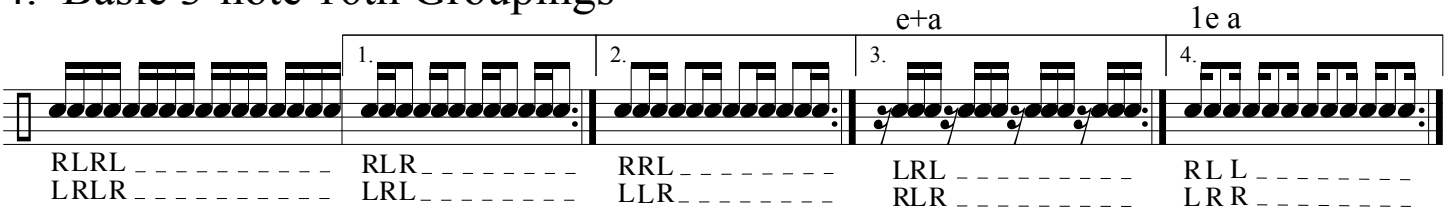
2. 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1



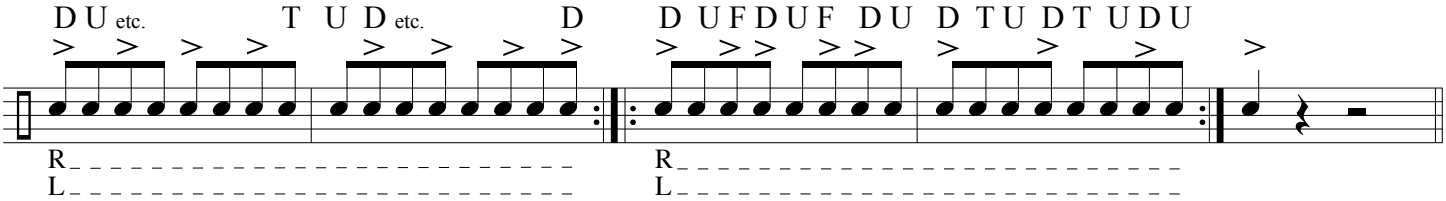
3. New Western Combo



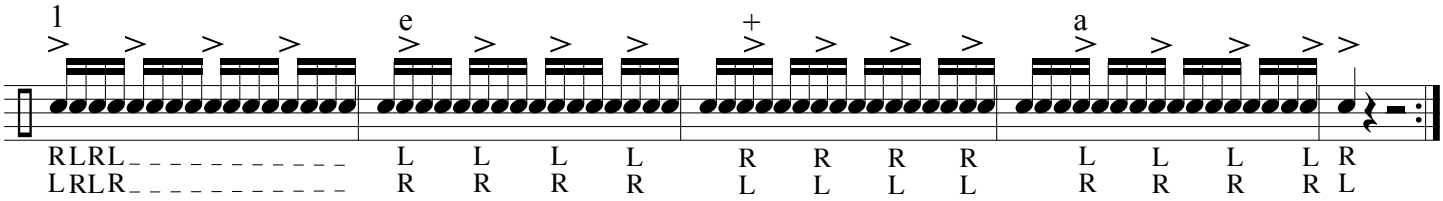
4. Basic 3-note 16th Groupings



5. Accents & Taps (Full Stroke > , Down Stroke > , Tap, Up Stroke - soft)



6. 16th with Accents



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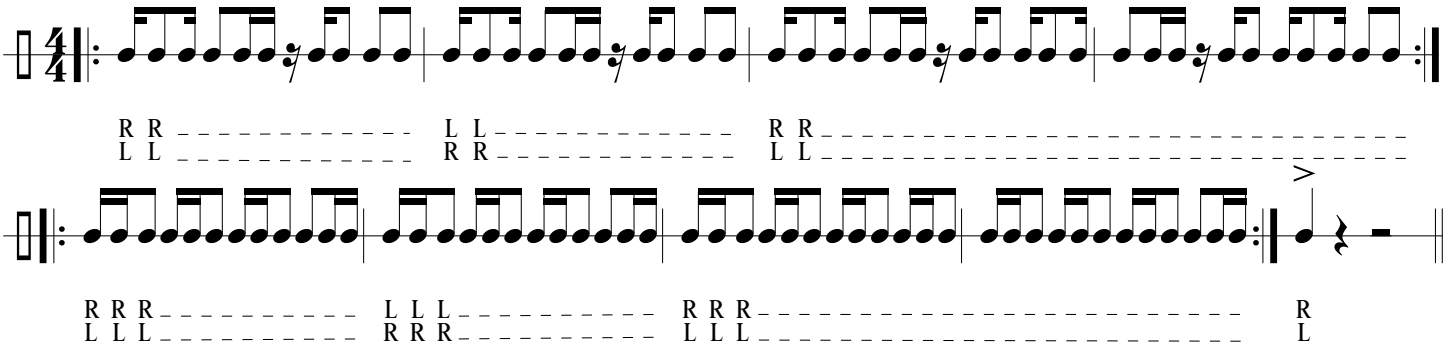
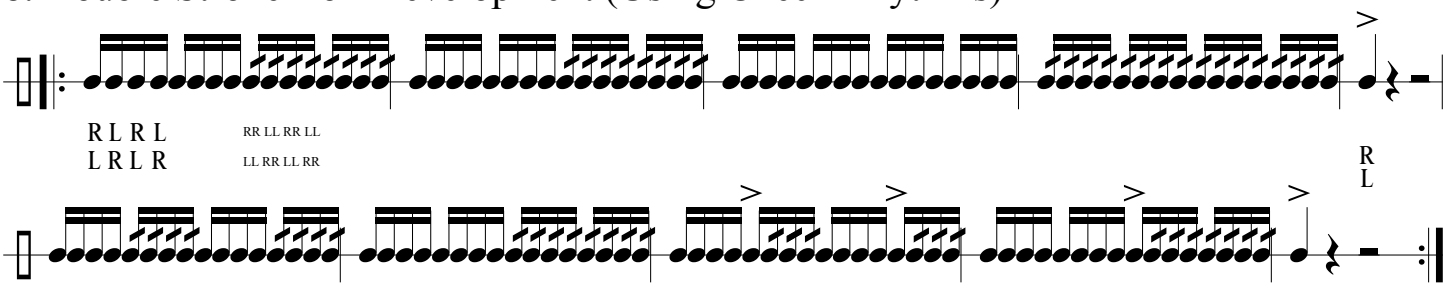
Warm-Ups/Rudimental Exercises (cont.)

J. Reed

7. Diddles (Roll Preparation)



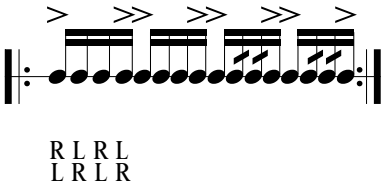
8. Double Stroke Roll Development (Using Check Rhythms)



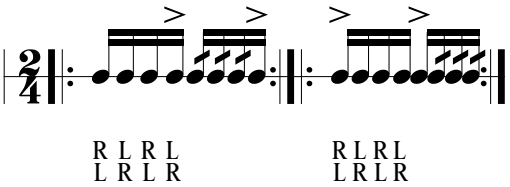
9. Double Stroke Rolls with Check Rhythms (> are SUPER IMPORTANT!)

5-Stroke Roll*

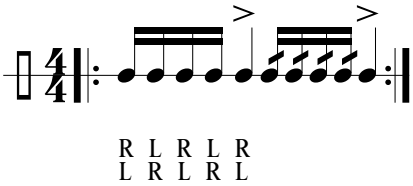
6-Stroke Roll



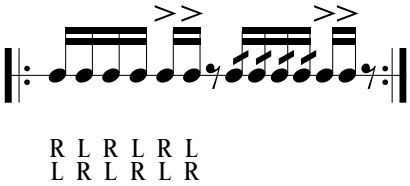
7-Stroke Roll



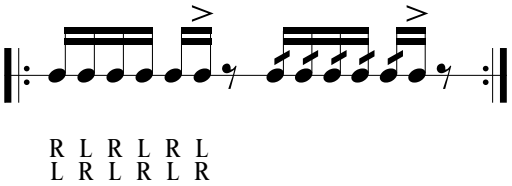
9-Stroke Roll*



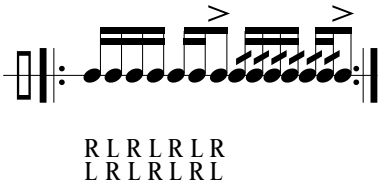
10-Stroke Roll



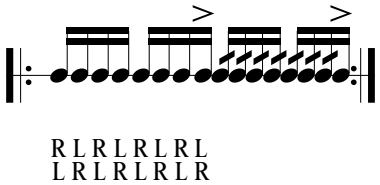
11-Stroke Roll



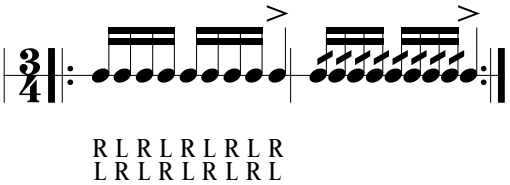
13-Stroke Roll*



15-Stroke Roll



17-Stroke Roll*



*denotes alternating roll

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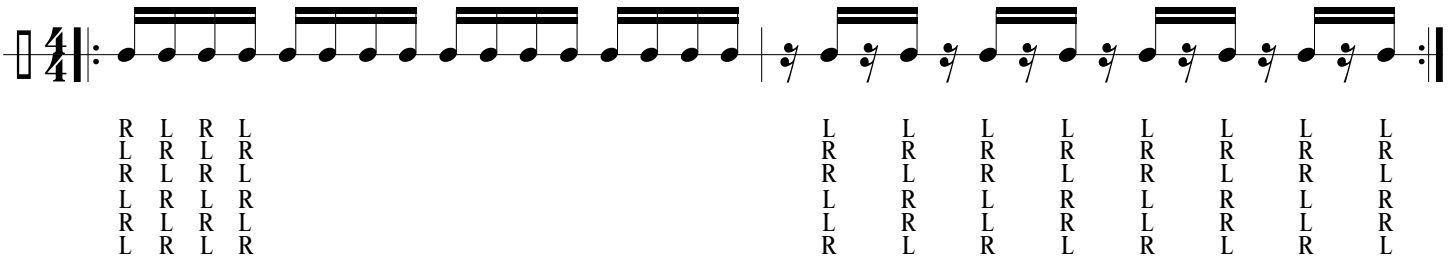
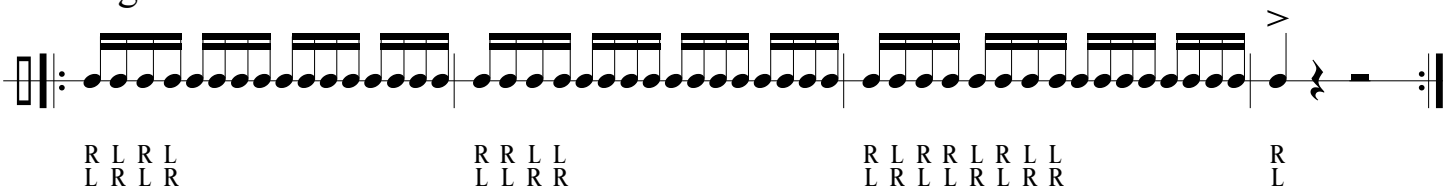
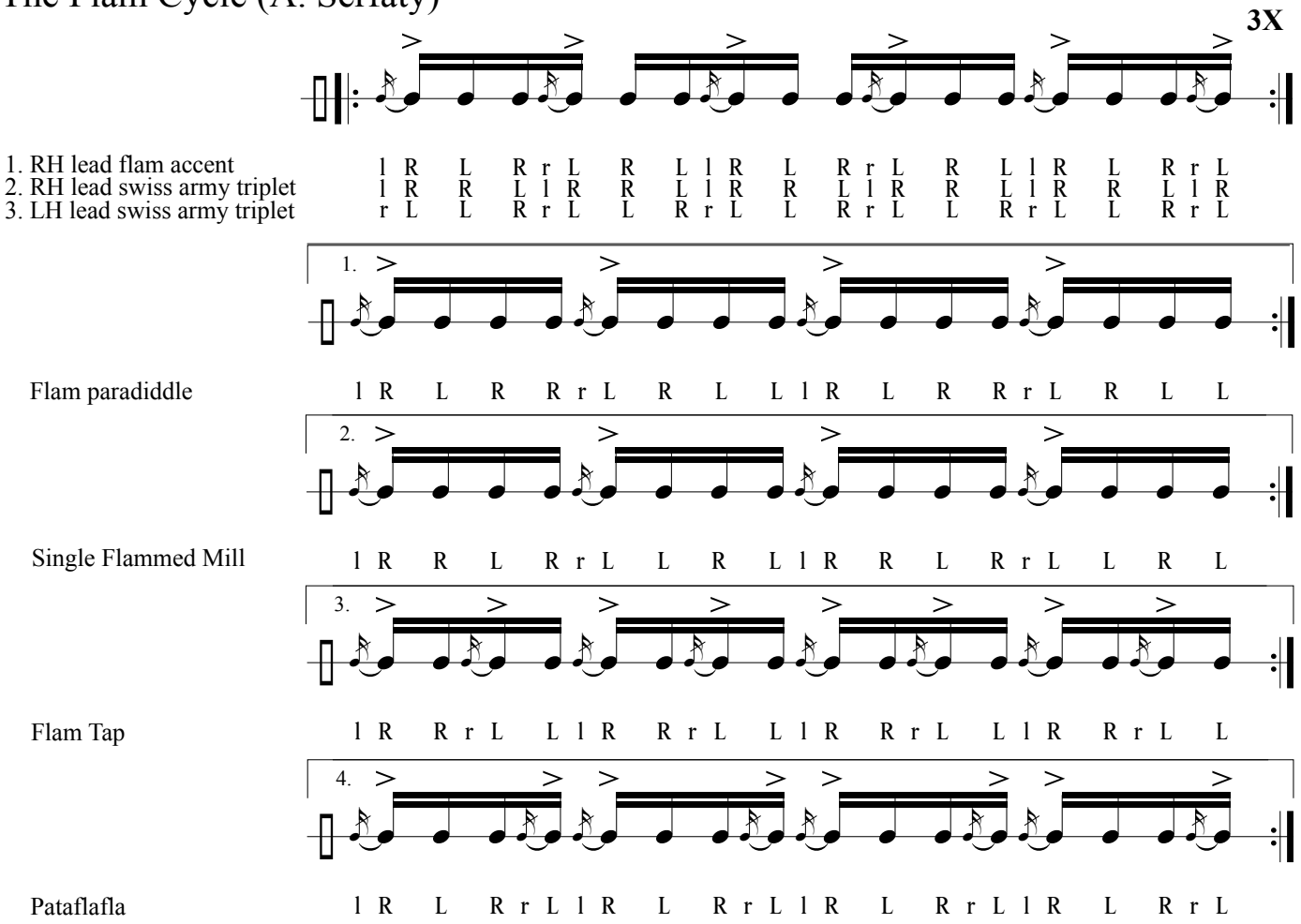
10. Off-the-Beat 16th Rhythms



11. Singles - Doubles - Paradiddles



12. The Flam Cycle (A. Serfaty)*



*Also, practice this exercise left hand lead