

Contents

Introduction	3
Basic Information	4 - 7
Warm Up and Technique	8
Multiple Strokes	
Overview	9
Quarter Notes	10, 11
Eighth Notes	12, 13
Paradiddles Using Eighth Notes	14
Triplets	15, 16
Sixteenth Notes	17, 18
Paradiddles Using Sixteenth Notes	19
Common Rates and Stickings	
Overview	21
Single Strokes	22
Double Strokes	23
Triplets	24
Overlaps	25
Other Rates	26 - 30
Buzzes	31 - 33
Doubles and Buzz Combinations	34 - 37
Singles and Buzz Combinations	38 - 41
Dynamics and Accents	43 - 47
Snap and Tap	48, 49
Embellishments	
Overview	51
Roll Builders	52 - 61
Ruff Builders	62 - 70