

## Some selected exercises from Lewis Rainbow's drum book

# MegaChops

From page #11

## **Multiple Strokes - Quarter Notes**

14

R R R L L R R R L L R L L L L L L L L L △

From page #19

## **Multiple Strokes - Sixteenth Notes - Paradiddles**

65

From page #25

#### Overlaps - (Inverted Double Strokes)

4

From page #29

## Sextuplets and Septuplets Transition

116

1 o let + o let 2 o let + o let 3 2 3 4 5 6 7 4 2 3 4 5 6 7

5 64 64 7/4 7/4

R R L L R R L L R R L L R R L L R R L R R L L R R L L R R L L R R

More selected exercises from  
Lewis Rainbow's drum book

# MegaChops

From page #41

Singles and Buzz Combinations (12 / 8 Time)

29

12 8

RLRLRI R L RLRLR LRLRL R △  
LRLRLR L R LRLRL RLRRL

30

12 8

R L RLRLRLR R RLRLR LRL R △  
L R LRLRLRL L RLR LRL

From page #47

(Each hand separately.) Dynamics

22

4

pp mf ff mf

23

4

ff mf pp mf

From page #53

Roll Builders

29

RRLLR L RRLRL RLLR L  
LRLRL R RLRL R LRLRL

30

R LLRRL R LRLR R LRLR  
L RRLRL R RLRL R LRLR SS

68

RER LRL RLR L RLR LRL RL  
LRL RLR LRL R LRL RLR LRL RL SS

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