

# Basic Stick Control #1

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## Single Strokes

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

## Double Strokes

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

## Paradiddles

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

## A Triple and a Single

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

## A Single and a Triple

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

## Quad Strokes

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

Repeat this exercise many times to get it comfortable and flowing.  
All strokes should have the same volume, no accented notes.  
Try this exercise at many different tempos.  
Also try playing the whole exercise leading with the left hand.