

DRUMLINE SPRING TRAINING EXERCISES

SHILO STROMAN

THE 4 STROKE TYPES
LOUD LOUD SOFT SOFT EXERCISE

4/4 R LEGATO R DOWN R TAP R UP L LEGATO L DOWN L TAP L UP R LEGATO L LEGATO R DOWN L DOWN R TAP L TAP R UP L UP

LEGATO/TAP STROKE EXERCISES

5 R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L

CRAZY 8'S

9 R R R R R R R R R L L L L L L L L R R R R R R R R R L L L L L L L L

13 2/2 R R R R R R R R R L L L L L L L L R R R R R R R R R L L L L L L L L

17 2/2 R R R R R R R R R L L L L L L L L R R R R R R R R R L L L L L L L L

21 2/2 R R R R R R R R R L L L L L L L L R R R R R R R R R L L L L L L L L

25 2/2 R R R R R R R R R L L L L L L L L R R R R R R R R R L L L L L L L L

29 2/2 R R R R R R R R R L L L L L L L L R R R R R R R R R L L L L L L L L

33 2/2 R R R R R R R R R L L L L L L L L R R R R R R R R R L L L L L L L L

DOUBLE STROKE EXERCISES

68 $\frac{12}{8}$ *WRIST ONLY*
 R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L

72 $\frac{4}{4}$ *WRIST/FINGERS*
 R R R R R R R R R R R R L L L L L L L L L L R R R R R R R R L L L L L L L L L L

76 *WRIST/ARM*
 R R R R R R R R R R R R R R R R L

DIDDLES CHECK PATTERNS

80

84

88

92

FLAM EXERCISES

96
 R R R R R R R R L L L L L L L L

100
 R R R R L L L L R L R L R R R R L L L L R L R L

104
 R R R L L L R R L L R R L L R R R L L L R R L L R R L L

108

112

PARADIDDLE BUILD UP

116

120

SUBDIVISIONS TIMING EXERCISE

124

128

132