Sequence Order and Stroke Category

Hands Separate	Hands Together
Mono-Height Single Stroke	
Rebound Down	Time Machine Timing Page
Two-Height Single Stroke	
SOS (First Half)	SOS (Second Half)
Mono-Height Double Stroke	
Shuttle Deck	Samba Sweep Matrix 2000
Two-Height Double Stroke	
Hip-Hop	Millennium

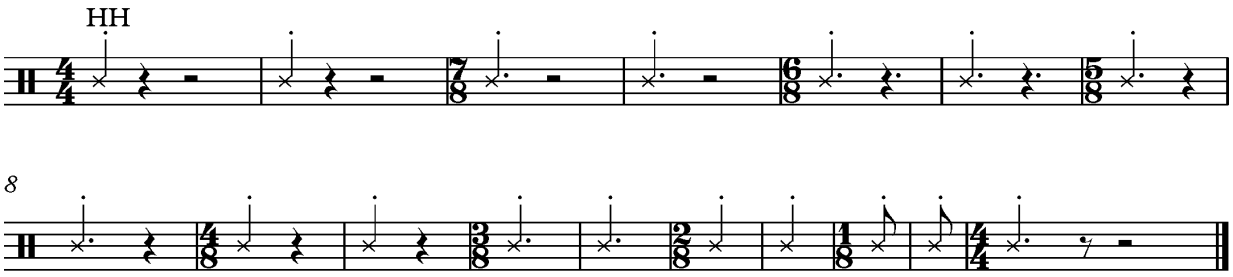
Comprehensive Study

Sixteenth Grids
Triplet Grids
Cadences

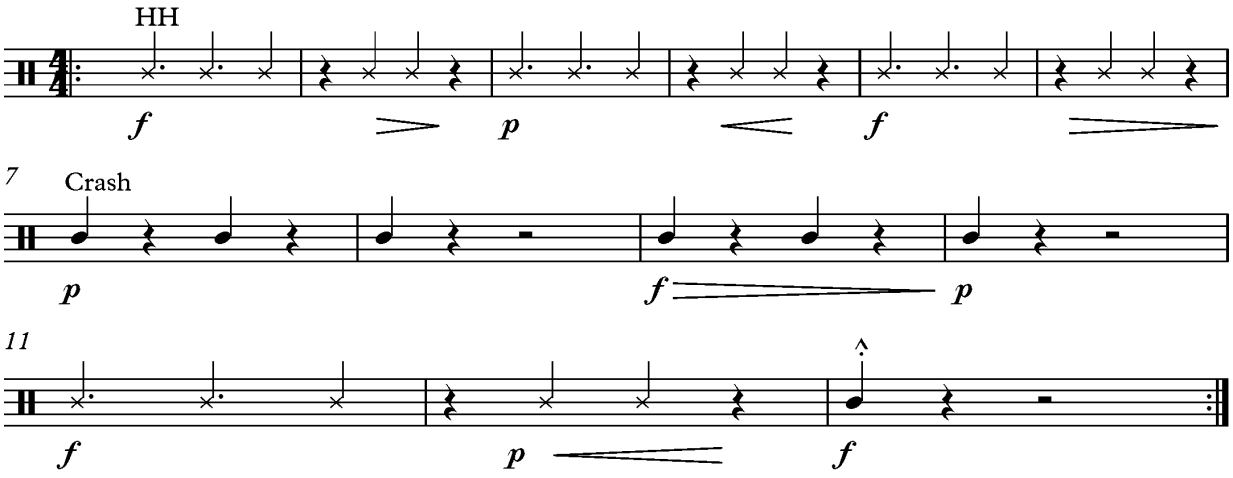
- The Energizer
- Moby Dick (K-State Cheer)
- Hot Tub (K-State Cheer
- iDrum

Exercises written by: Larry Doran
Giff Howarth
Jeff Moore
Fred Sanford
Ben Yancey

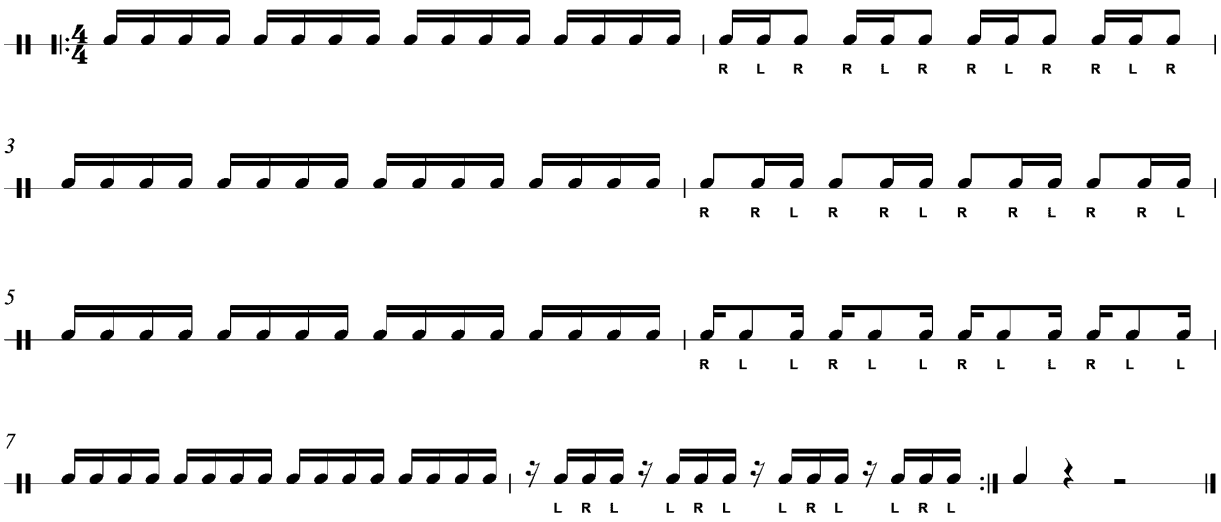
Rebound Down



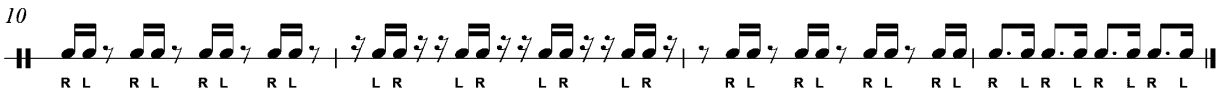
Time Machine



16th Timing



Option 1



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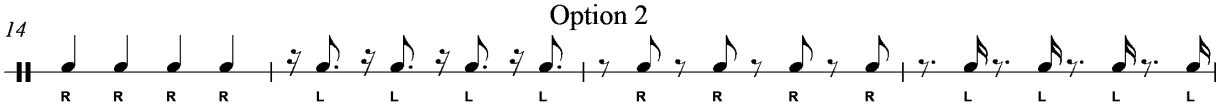
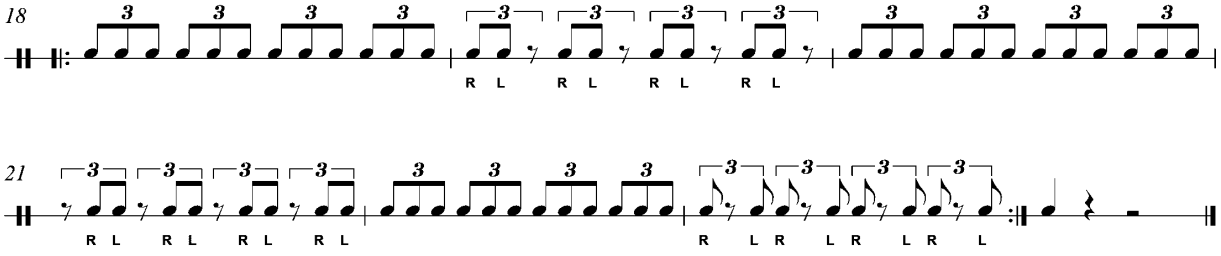
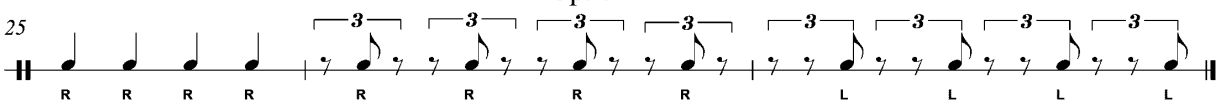


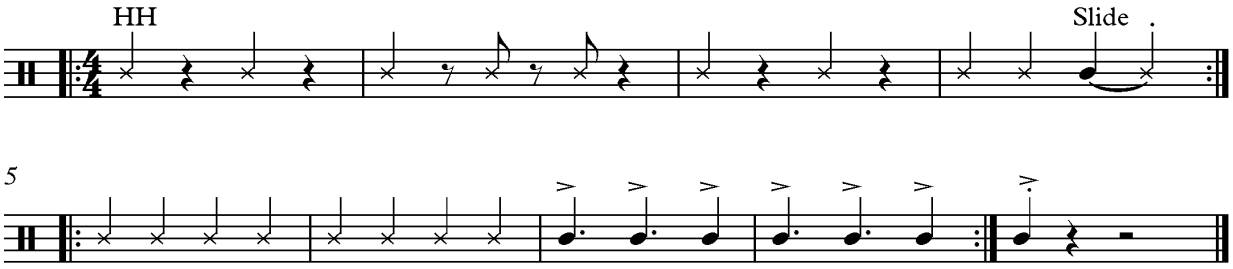
Triplet Timing



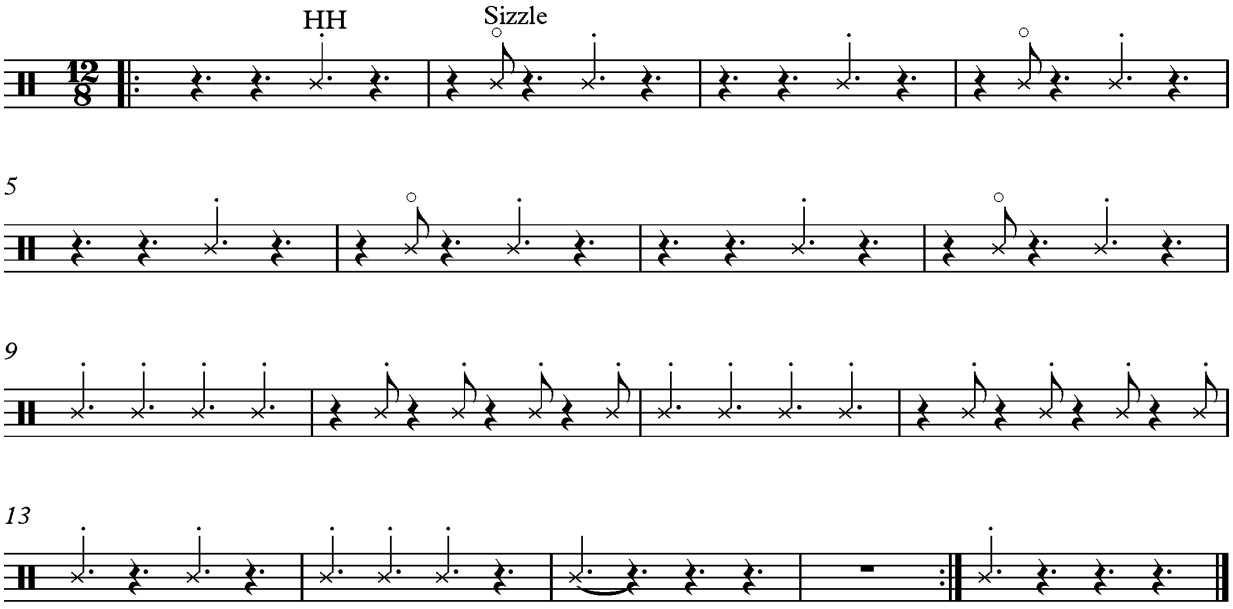
Option 1



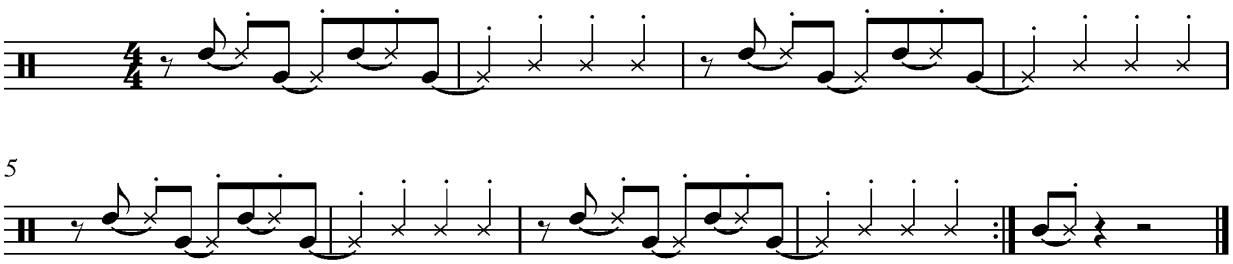
S.O.S.



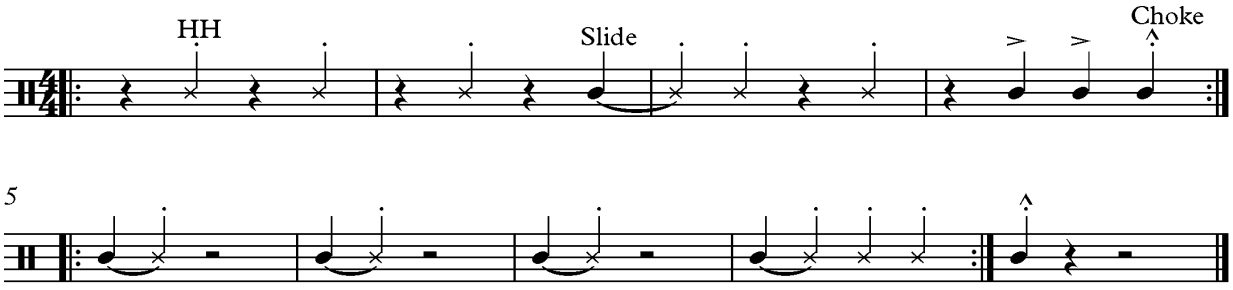
Shuttle Deck



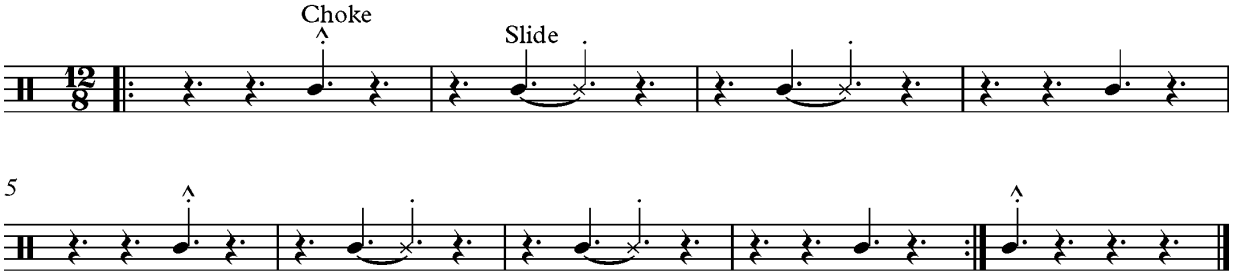
Samba Sweep



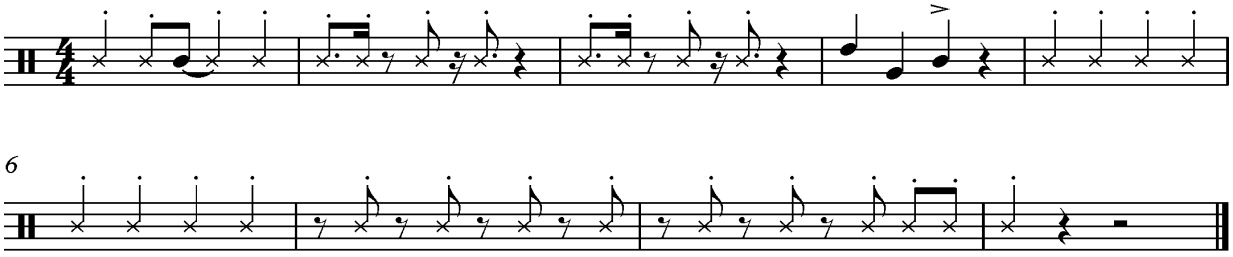
Matrix 2000



Hip – Hop

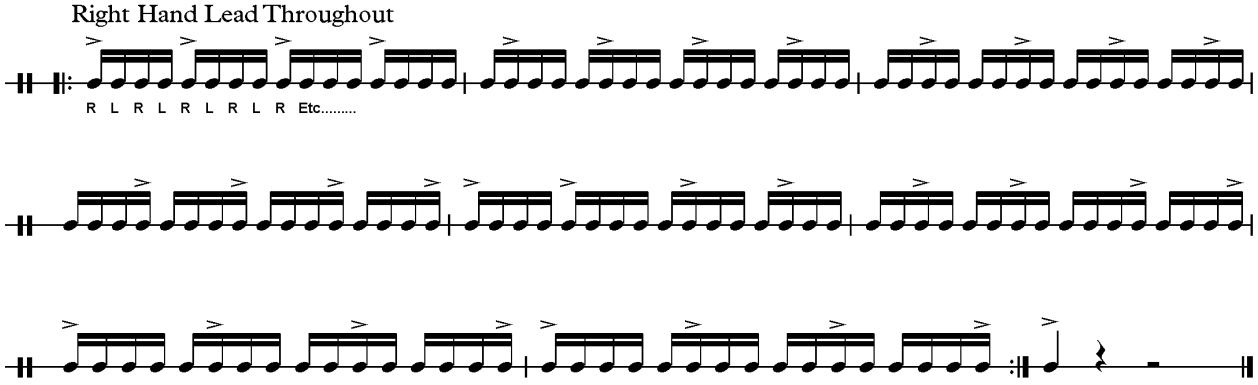


Millennium

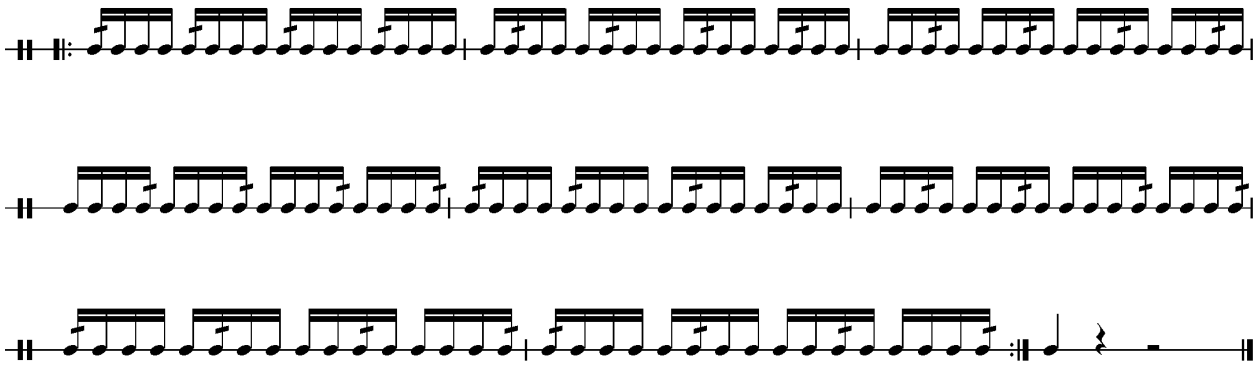


Sixteenth Grid

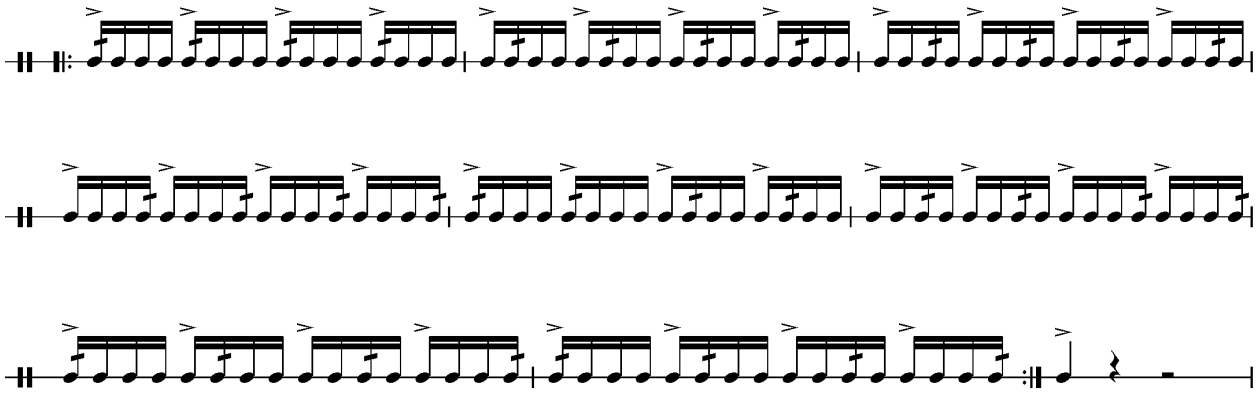
Practice ornaments on all beats and on both hands by “gridding” them across the bar. The following examples are written using right hand lead, but for in an additional challenge left hand lead could be used as well. Learn the grid pattern by starting with accents.



Next, replace accents with other ornaments (flams, diddles, etc).

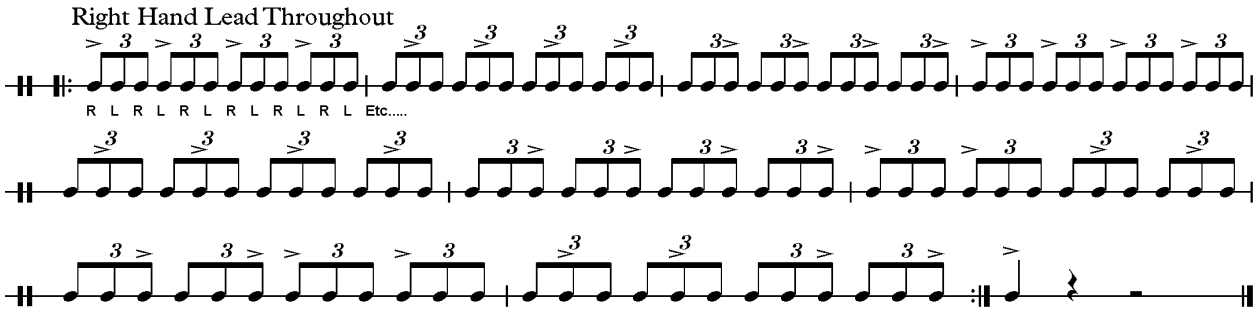


For a greater challenge, combine ornaments by adding flams or accents to the check pattern. In the example below, an accent has been added to the check pattern while a diddle is gridded across the bar. In this example, the accent falls on the downbeat, but it could be moved to any of the subdivisions.

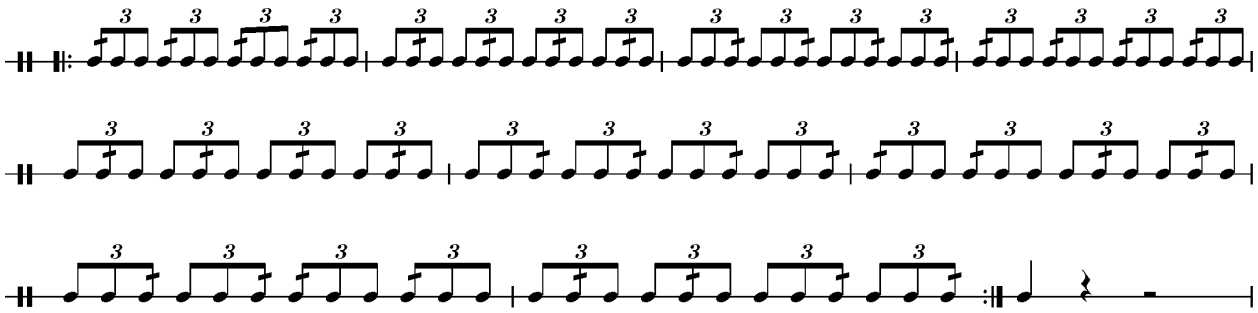


Triplet Grid

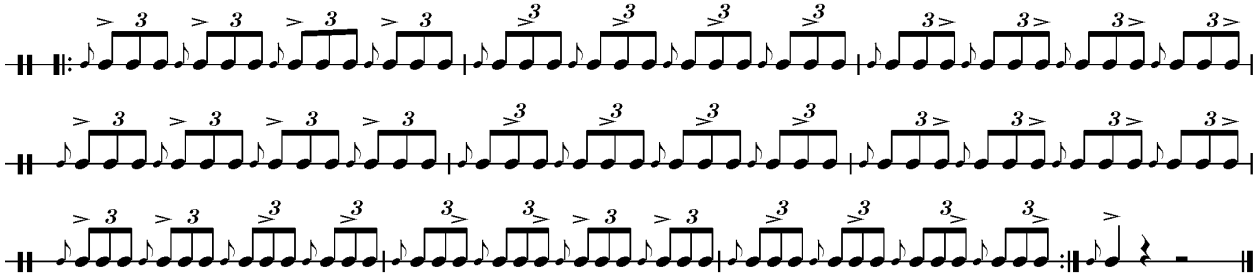
Apply the same concepts of the sixteenth grid to a triplet subdivision. The odd groupings will cause the ornaments to alternate between hands



Replace accents with other ornaments (flams, diddles, etc)



For a greater challenge, combine ornaments by adding flams or accents to the check pattern. In the example below, an accent has been added to the check pattern while a diddle is gridded across the bar. In this example, the accent falls on the downbeat, but it could be moved to any of the subdivisions.



YAMAHA SOUNDS OF SUMMER

140-144 Beats Per Minute

The Energizer

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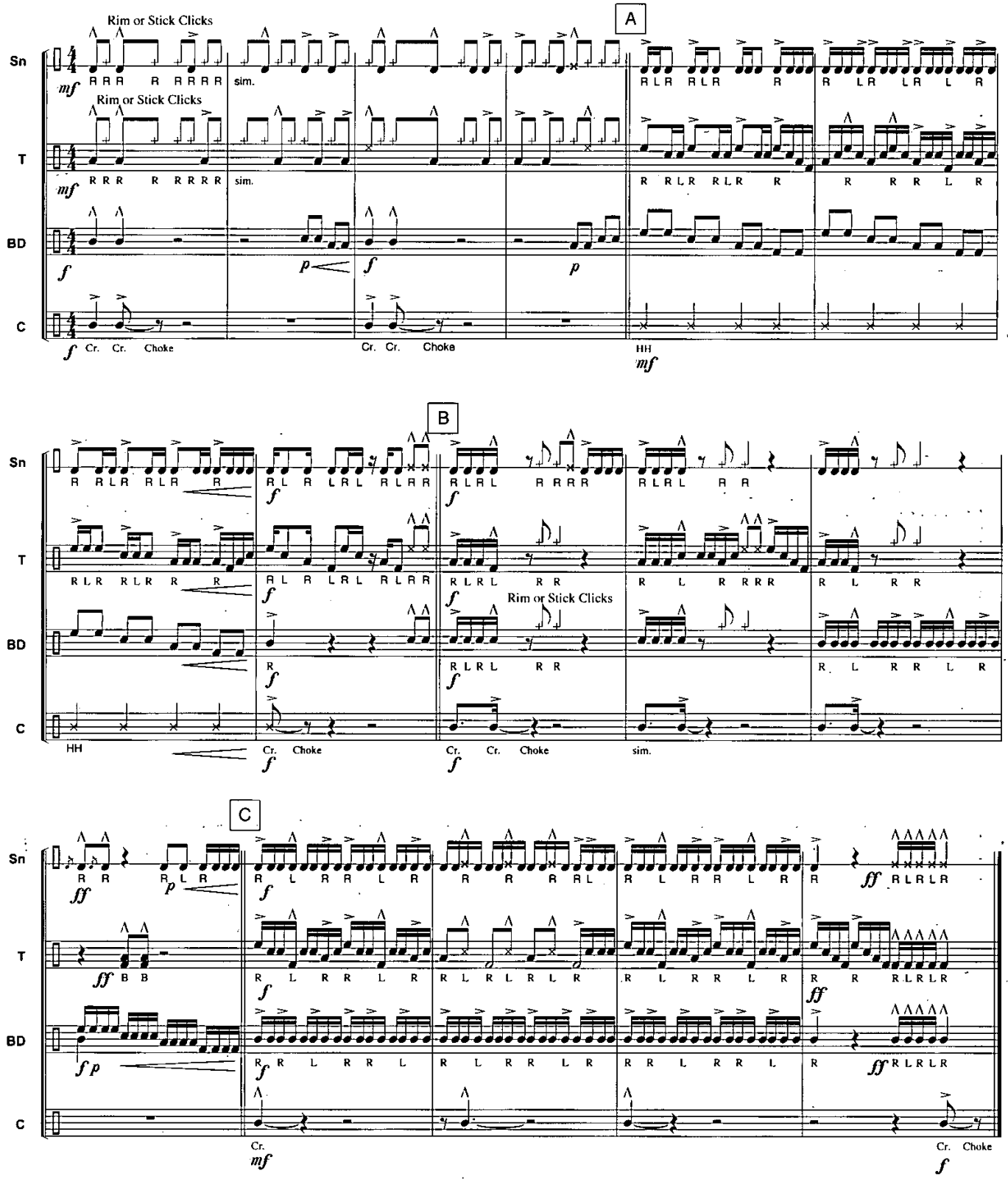
COMPOSITION

by Dennis DeLucia



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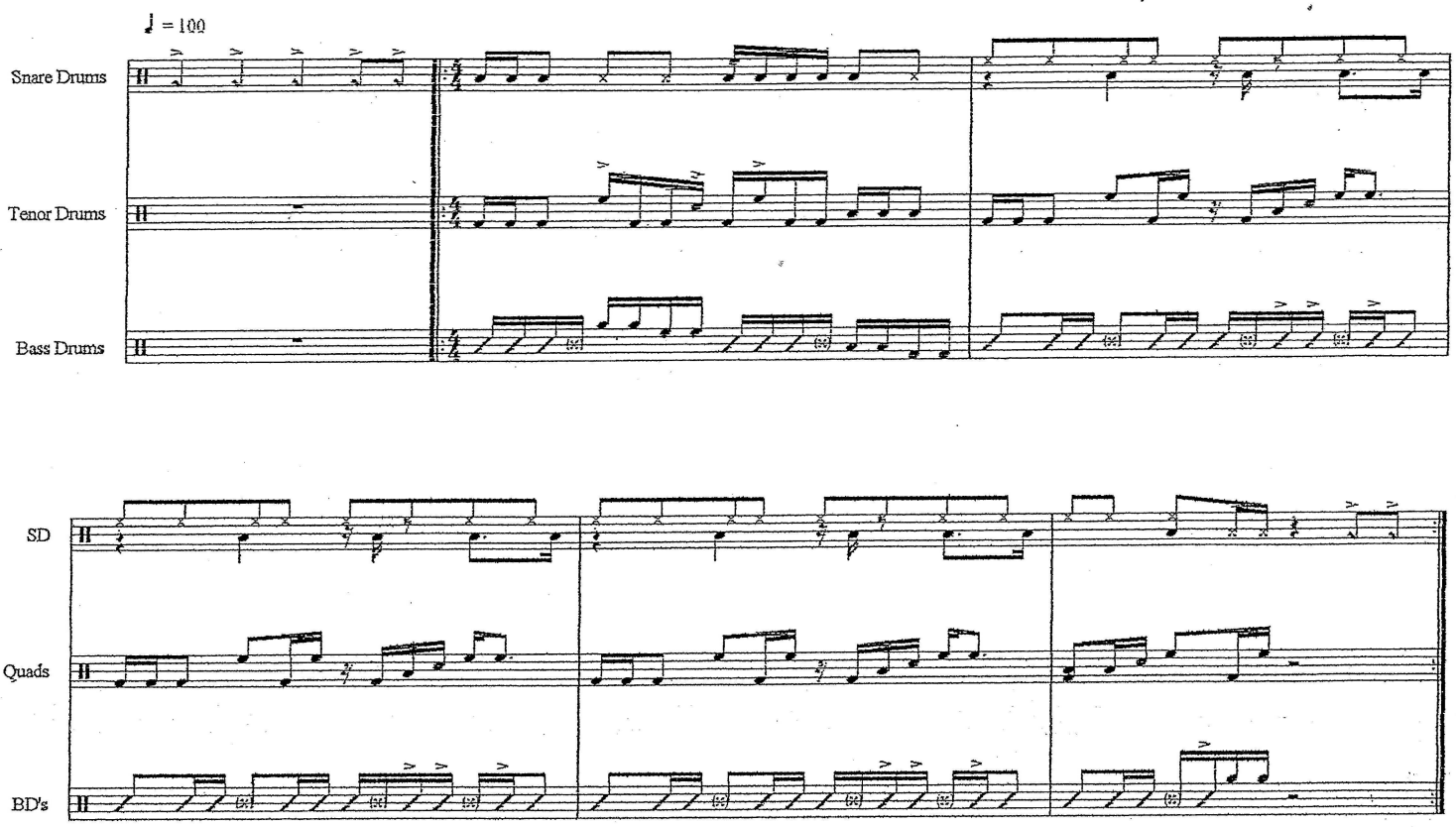
Moby Dick

Composer



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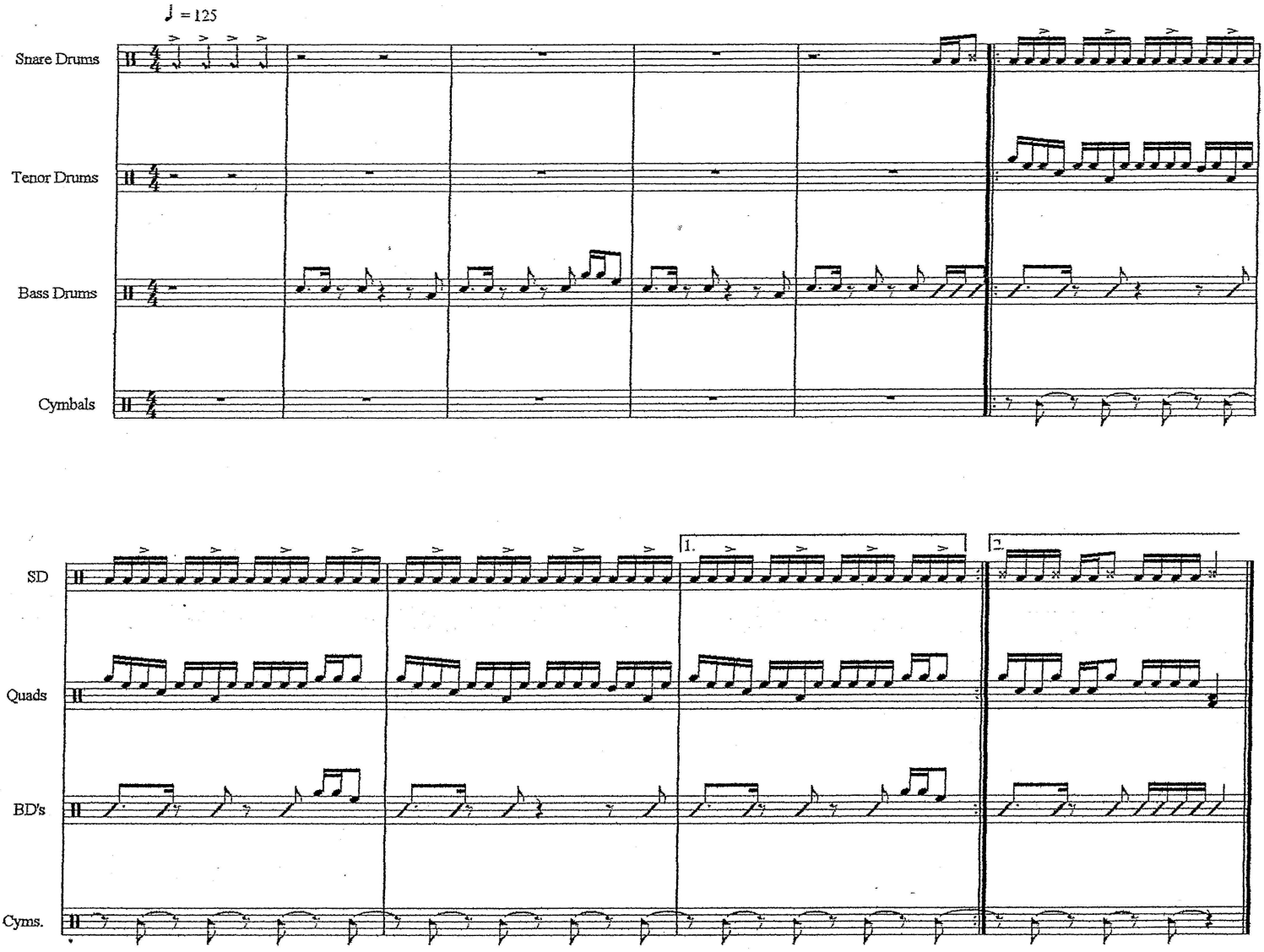
Hot Tub



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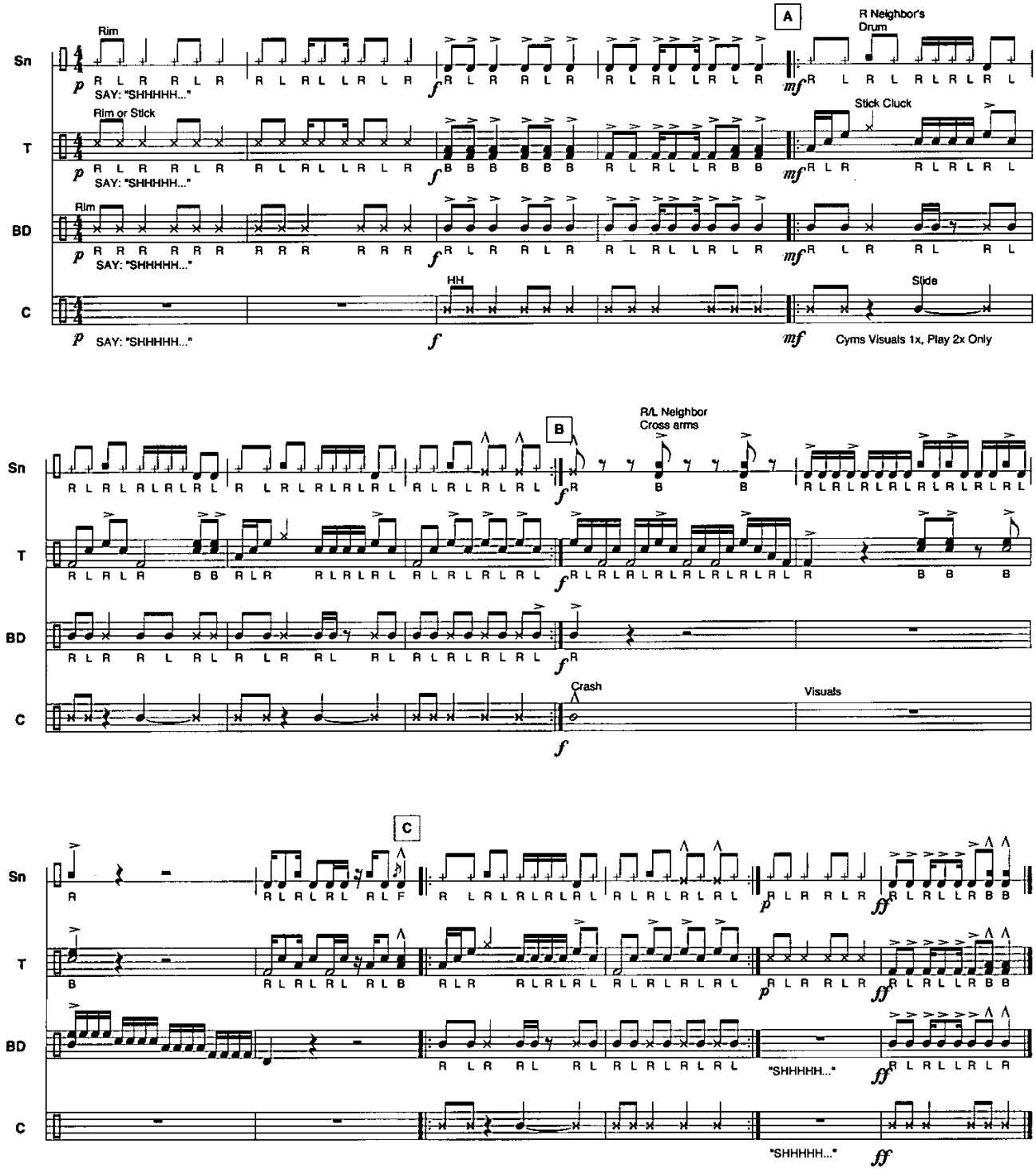
iDrum

by John Pollard

100-110 Beats Per Minute



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