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

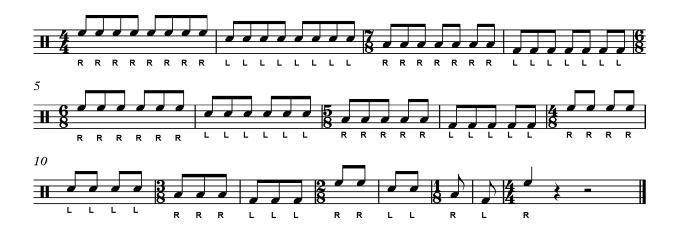
Sixteenth Grids Triplet Grids Cadences

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

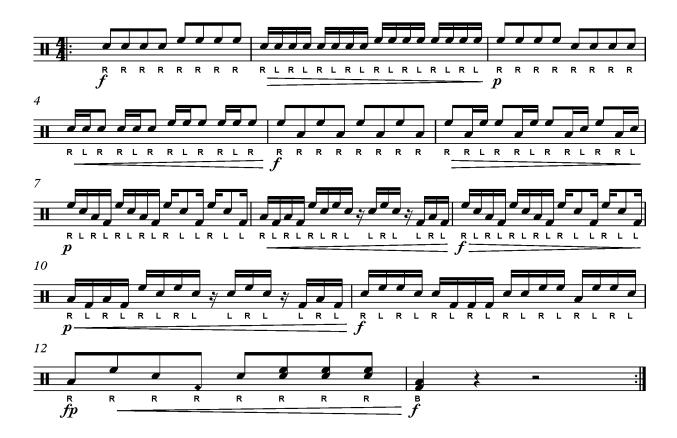
Exercises written by: Larry Doran

Giff Howarth Jeff Moore Fred Sanford Ben Yancey

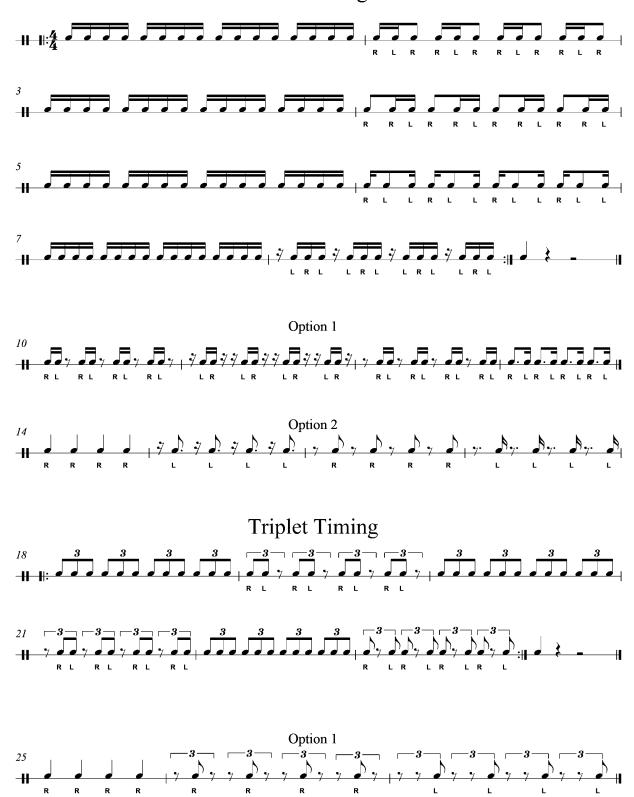
Rebound Down



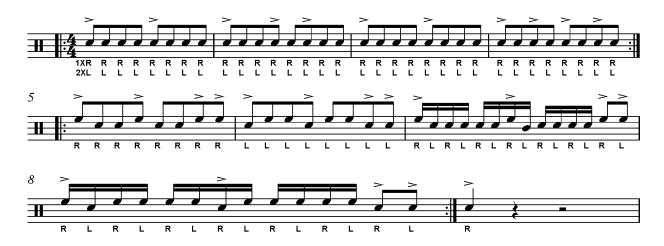
Time Machine



16th Timing



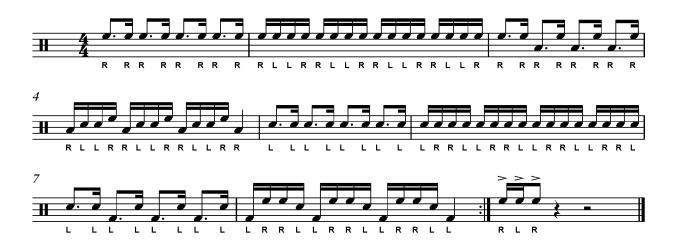
<u>S.O.S.</u>



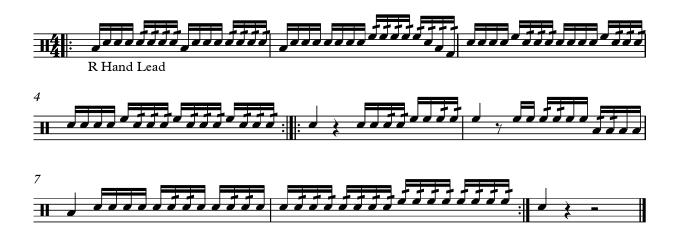
Shuttle Deck



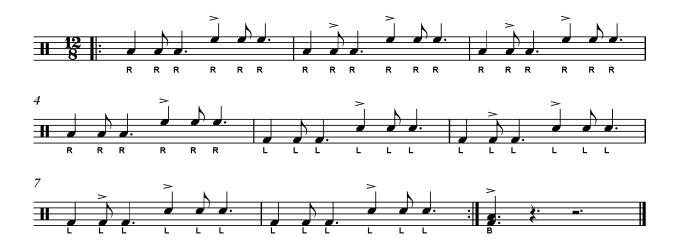
Samba Sweep



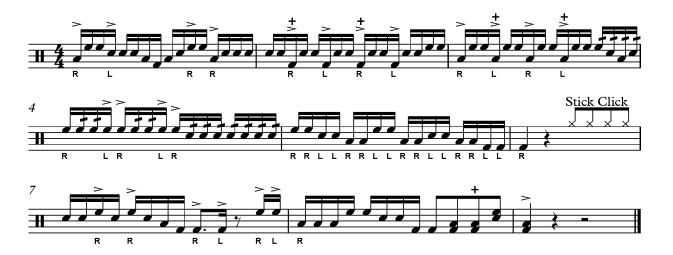
Matrix 2000



Hip - Hop

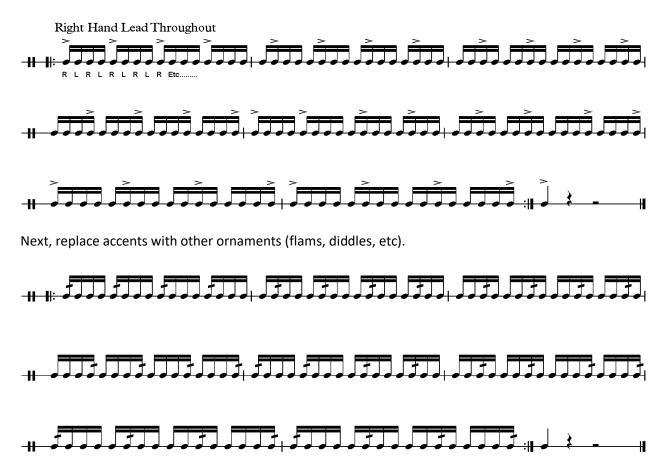


Millennium



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.

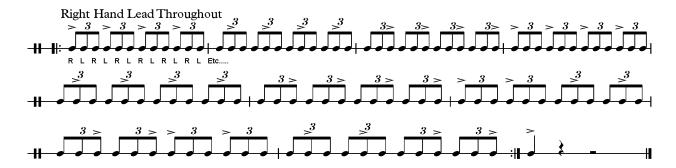


For a greater challenge, combine ornaments by adding flams or accents to the check pattern. In the example below, an accent has been added to the check pattern while a diddle is gridded across the bar. In this example, the accent falls on the downbeat, but it could be moved to any of the subdivisions.



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.

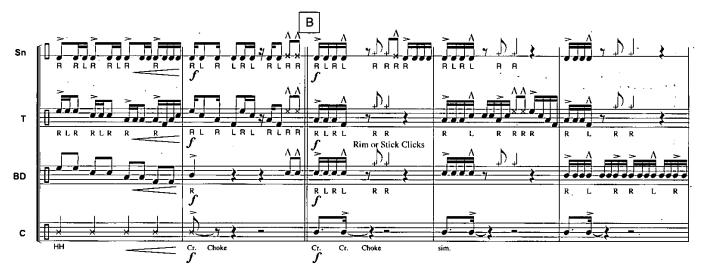


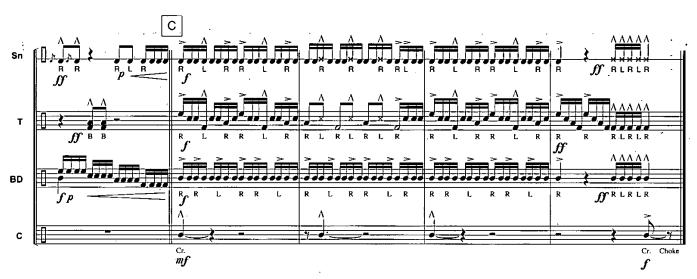
The Energizer

COMPOSITION
by Dennis DeLucia

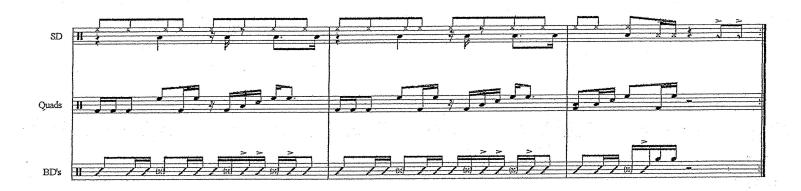
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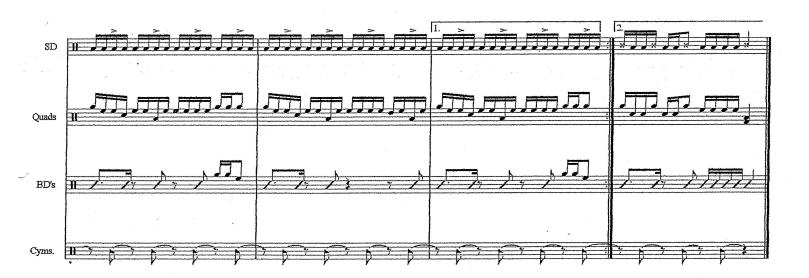






Hot Tub





iDrum

by John Pollard

100-110 Beats Per Minute

