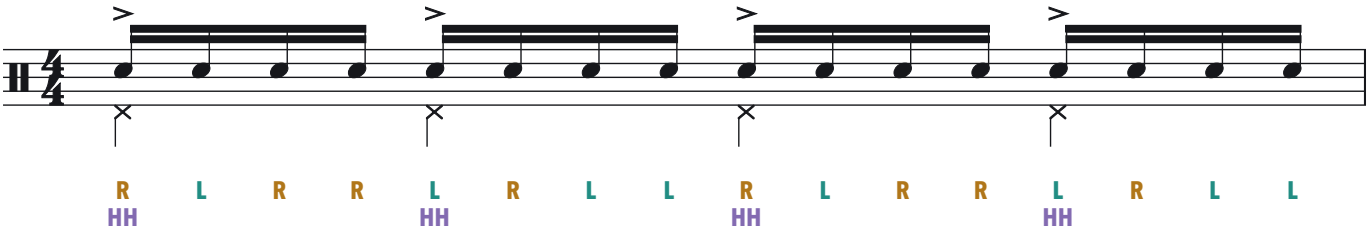
ROCK · DRUM EXERCISE

# ACCENTED PARADIDDLE LADDER

**RLRR LRLL with the hi-hat foot on every beat**

Target tempo **100 BPM** Practice ladder **60 · 70 · 80 · 90 · 100 BPM** Time 4/4




## THE IDEA

Single paradiddles as straight 16ths on the snare with an accent on the first note of each group, so the lead hand switches every beat. The hi-hat foot closes on every beat and keeps the time under the hands.

## TIPS

Play the accent from a high stick and the three taps after it from low, close to the head. The double strokes (RR, LL) must sound as even as the singles: let the stick bounce, do not push the second stroke. Keep the foot relaxed and exactly on the beat.

## PRACTICE PLAN

| | | |
|---|---|---|
| **50 BPM** | Slow: loop it. Every stroke even. | |
| **60 BPM** | Play along 4 bars, then your turn 4 bars. Tick a box per clean run. | ☐ ☐ ☐ ☐ |
| **70 BPM** | Play along 4 bars, then your turn 4 bars. Tick a box per clean run. | ☐ ☐ ☐ ☐ |
| **80 BPM** | Play along 4 bars, then your turn 4 bars. Tick a box per clean run. | ☐ ☐ ☐ ☐ |
| **90 BPM** | Play along 4 bars, then your turn 4 bars. Tick a box per clean run. | ☐ ☐ ☐ ☐ |
| **100 BPM** | Play along 4 bars, then your turn 4 bars. Tick a box per clean run. | ☐ ☐ ☐ ☐ |

## KEY




**R** right hand **L** left hand **HH** hi-hat foot

> accent