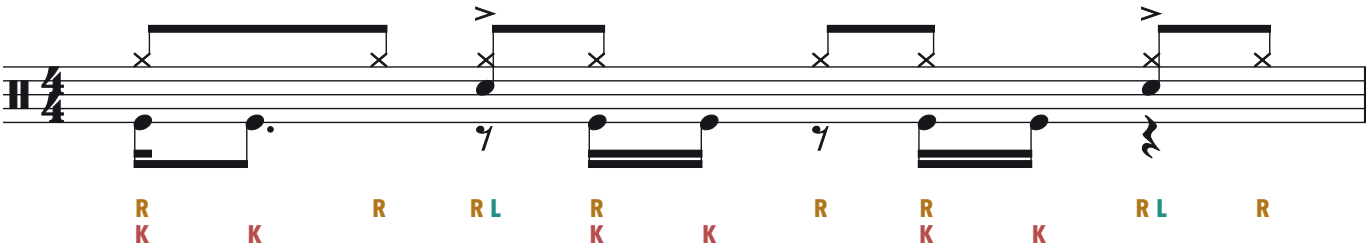
HIP-HOP · DRUM EXERCISE

HIP-HOP KICK DOUBLES

two 16th kicks, three times a bar

Target tempo **88 BPM** Practice ladder **55 · 65 · 80 · 88 BPM** Time 4/4



THE IDEA

Two kicks on neighbouring 16ths, three times a bar, under a plain 8th-note hi-hat and a backbeat on 2 and 4. The hands stay simple, so all of the attention goes to the right foot.

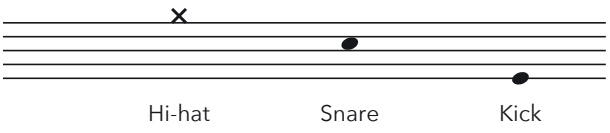
TIPS

Play the doubles heel-up and let the beater bounce back into the second note instead of lifting the leg twice. Both kicks must sound the same: if the second one is weaker, slow down.

PRACTICE PLAN

55 BPM	Slow: loop it. Every stroke even.	
55 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
65 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.	☐☐☐☐
88 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐

KEY



R right hand **L** left hand **K** kick (right foot)

> accent