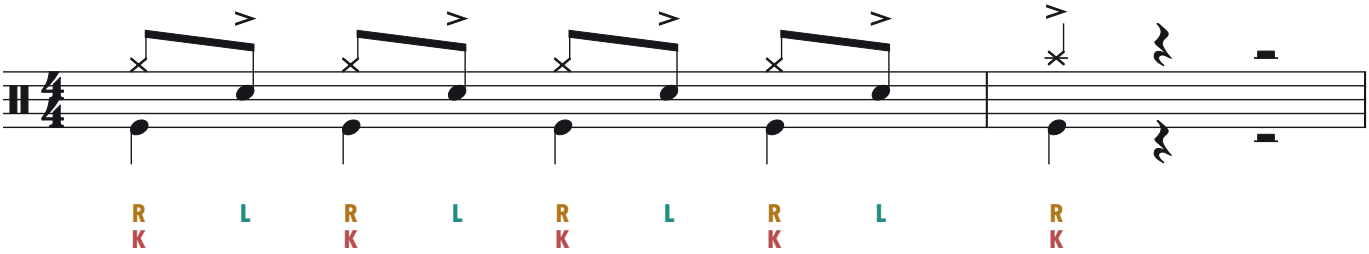
ROCK · DRUM GROOVE

PUNK TWO-BEAT

kick on the beat, snare on the 'and'

Target tempo **120 BPM** Practice ladder **70 · 95 · 120 BPM** Time 4/4



THE IDEA

Kick and hi-hat on every beat, snare on every 'and' in between: the oom-pah of polka played fast and loud becomes punk rock. The snare always sounds alone, in the gap between two kicks.

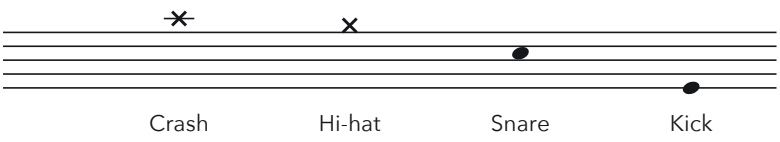
TIPS

Think of it as a seesaw between foot and hand. Start slowly and keep the snare on the exact middle of each beat; once it is even, it is one of the easiest grooves to play very fast.

PRACTICE PLAN

70 BPM	Slow: hands, then + kick. Every stroke even.	
70 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
95 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
120 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