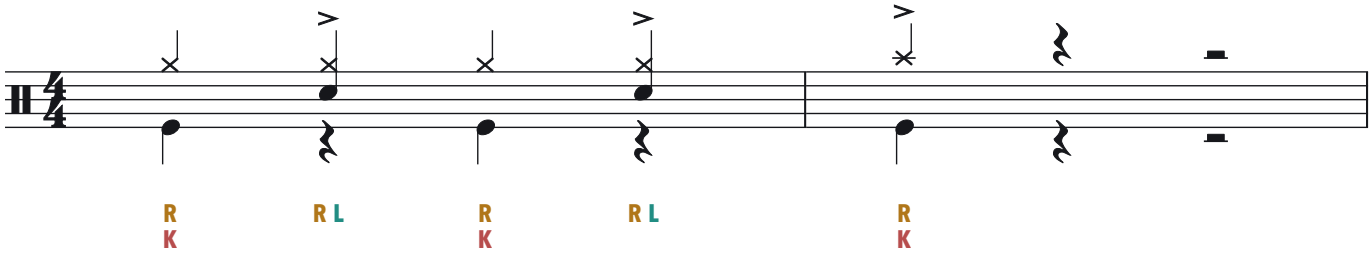
ROCK · DRUM GROOVE

QUARTER-NOTE HI-HAT BEAT

your very first rock beat

Target tempo **90 BPM** Practice ladder **55 · 70 · 90 BPM** Time 4/4



THE IDEA

Every limb plays on the beat and nothing falls between: the hi-hat counts all four beats, the kick takes one and three, the snare answers on two and four. It is the slowest way into a real rock beat.

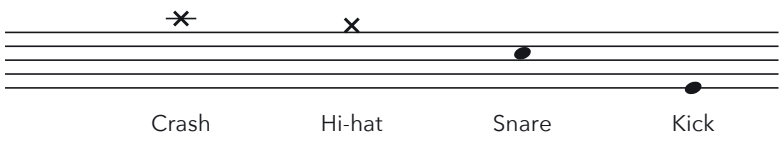
TIPS

Say the count out loud while you play. Your right hand never stops, so let the other limbs join it rather than chase it. If the kick and the hat on beat one do not land as one sound, slow down until they do.

PRACTICE PLAN

55 BPM	Slow: hands, then + kick. Every stroke even.	
55 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.	☐☐☐☐
90 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