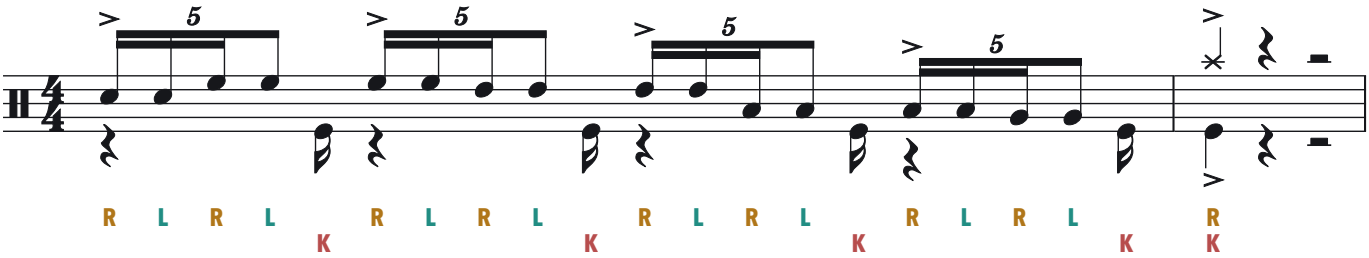
ROCK · DRUM FILL

FIVE-NOTE QUINTUPLET FILL

RLRLK, five notes to every beat

Target tempo **92 BPM** Practice ladder **55 · 75 · 92 BPM** Time 4/4



THE IDEA

Quintuplets: five notes to the beat, played as one cell of two hand pairs and a kick. One note more than the four you expect makes the fill sound pushed, yet every cell still starts on the beat.

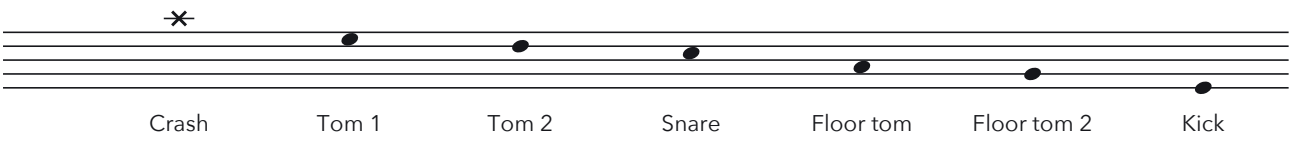
TIPS

Say "one-two-three-four-five" for each beat out loud before you play it. The hands switch to the next drum halfway through every cell, and the kick closes the cell so the right hand is free for the accent on the beat.

PRACTICE PLAN

55 BPM	Slow: cell 1, then cells 1-2, then cells 1-3, then the whole fill. Every stroke even.	
55 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
75 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
92 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