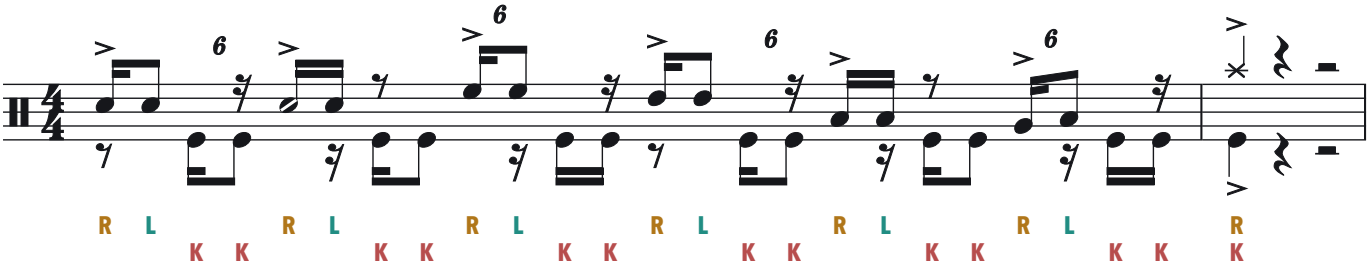
ROCK · DRUM FILL

RLKK SEXTUPLET FILL

4-note cell on a 6-note grid

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



THE IDEA

A four-note RLKK cell played on a sextuplet grid: the cell restarts every 4 notes while the beat restarts every 6, so the accent drifts across the beat and the fill sounds bigger than it is.

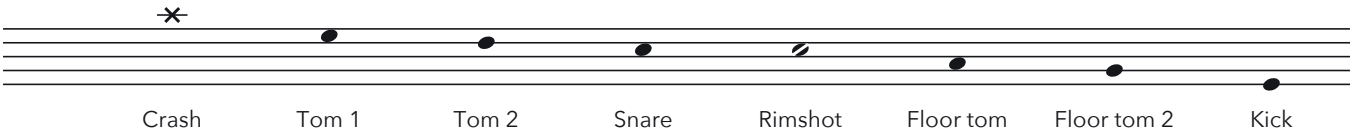
TIPS

Keep the hands on the same two drums for each cell and move one drum lower every cell. The two kicks are the glue - keep them even and quieter than the hands.

PRACTICE PLAN

60 BPM	Slow: cells 1-2, then cells 1-3, then cells 1-5, then the whole fill. Every stroke even.	
60 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.	☐☐☐☐
100 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