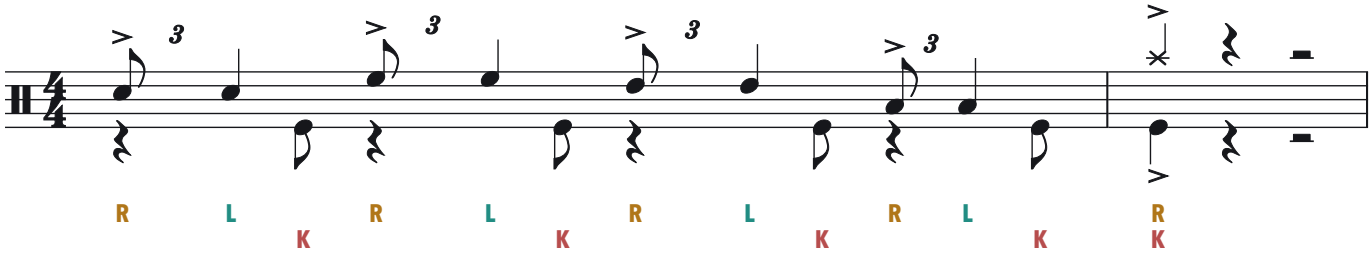
JAZZ · DRUM FILL

RLK Triplets Around the Kit

3-note cell, one drum lower every beat

Target tempo **132 BPM** Practice ladder **80 · 105 · 132 BPM** Time 4/4



THE IDEA

A three-note cell (right hand, left hand, kick) fills every triplet partial, so the cell lines up with the beat and only the drums move: snare, tom, tom, floor.

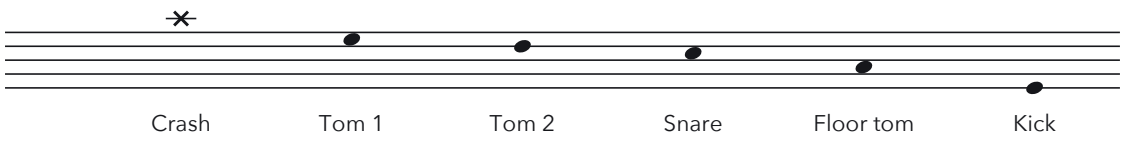
TIPS

Think of the kick as the third hand. Keep the hands at the same height and let the arms travel; the kick stays soft, under the hands.

PRACTICE PLAN

80 BPM	Slow: cell 1, then cells 1-2, then cells 1-3, then the whole fill. Every stroke even.	
80 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
105 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
132 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