

# Diddle Training

## Focus

This exercise is designed to be played at a moderate speed with a metronome ( $\downarrow = 75$ ).  
Used to strengthen control of doubles for open stroke rolls.  
Pay close attention to the sticking.

Exercise 1:  $\frac{4}{4}$  R L,  $\frac{3}{4}$  R L,  $\frac{6}{4}$  R R L L R R,  $\frac{4}{4}$  L R,  $\frac{3}{4}$

Exercise 2:  $\frac{3}{4}$  L R,  $\frac{6}{4}$  L L R R L L,  $\frac{4}{4}$  R R L L R R L L R L R L R L R L,  $\frac{3}{4}$  R R L L R R L L R R L L R R,  $\frac{4}{4}$

Exercise 3:  $\frac{4}{4}$  L L R R L L R R L R L R L R L R,  $\frac{3}{4}$  L L R R L L R R L L R R L L,  $\frac{6}{4}$

# Flam Training

## Focus

Used to develop detailed control of the hands.  
Be sure that the flams are nice and open.  
They should be two separate notes and not a double stop.

Exercise 10: [1] R L, [2] R L

Exercise 12: [3] R L, [4] R L R L R

Exercise 14: [5] R L R L R L