Sunset High School Basic Exercises

Rob Sullens

8's

Snare

R L R L L L

7 L R L R R R R

Double Beat/Triple Beat

14 R L R L

18 R R L L R R L L R R L L R R L L R R L L R R L L R R L L R R L L R

Stick Control

21 R R L R R L R R L R R L R R L R R L R R L R R L R

24 R L L R L L R L L R L L R L L R L L R L L R L L R R R L L L R R R L L L R R R L L L R R R L L L

27 R R R L L R R L L R R L L R R L L R R L L R R L L

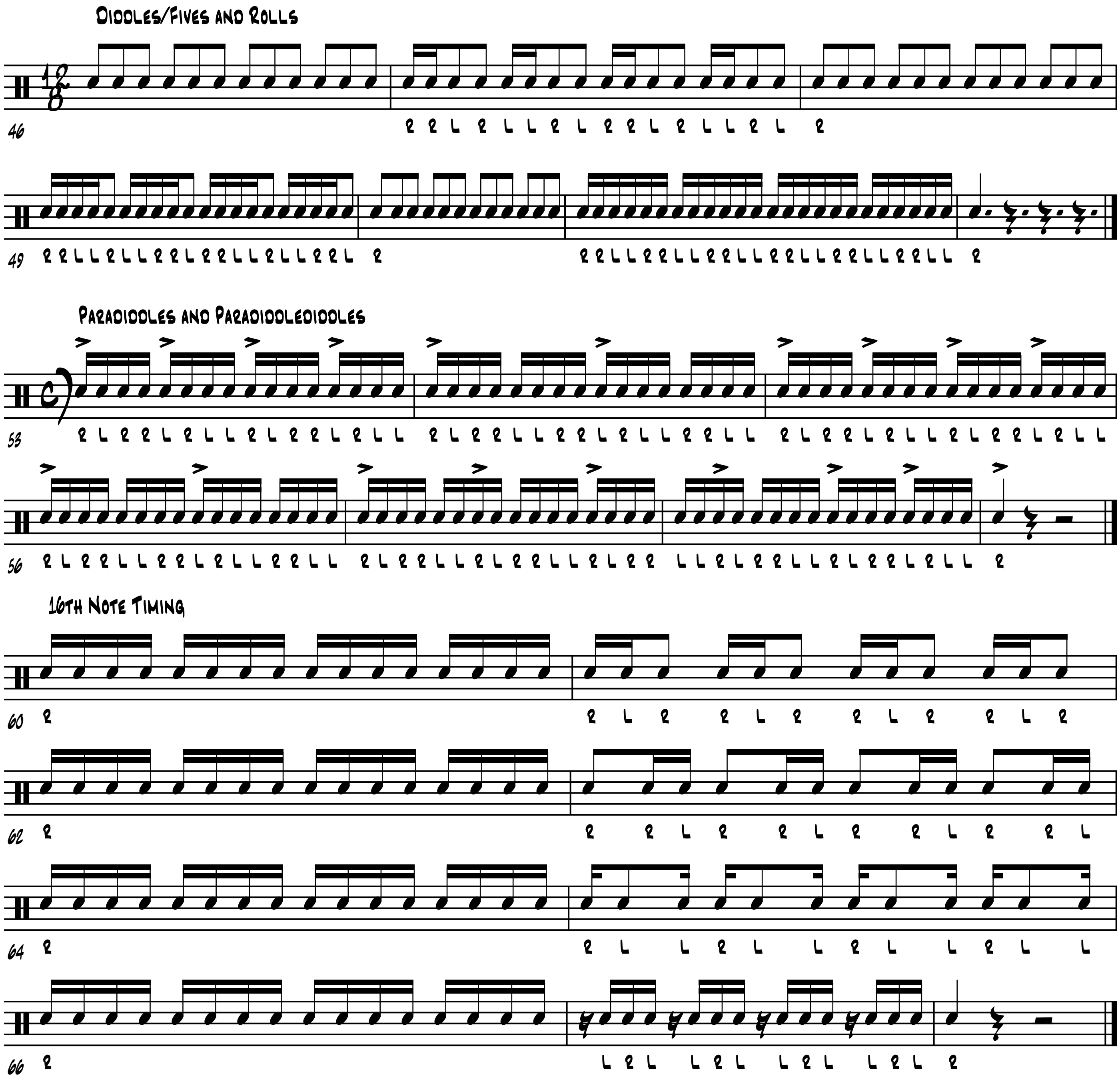
Accent Tap

30 R L L R R L L R R L L R R L L R R L L R R L L R

Roll Breakdown

37 R R L R R L R R L R R L R R L L L R L L R L L R L L

41 R R R L L R R L L R R L L R R L L R R L L R R L L R


Diddles/Fives and Rolls
46
R R L R L L R L R R L R L L R L R
49 R R L L R L L R R L R R L L R L L R R L R
R R L L R R L L R R L L R R L L R R L L R R L L R
Paradiddles and Paradiddlediddles
53 R L R R L R L L R L R R L R L L R L R R L L R R L R L L R R L L R L R R L R L L R L R R L R L L
56 R L R R L L R R L R L L R R L L R L R R L L R L R R L L R L R R L L R L R R L L R L R R L R L L R
16th Note Timing
60 R
R L R R L R R L R R L R
62 R
R R L R R L R R L R R L
64 R
R L L R L L R L L R L L
66 R
L R L L R L L R L L R L R