

Start out by playing the following rhythmic patterns slowly with a metronome. Alternate your hands and make sure you are playing the patterns accurately. Counting out loud is a must and also is a good coordination exercise. The next step is to play the rhythms as accents in a pattern of 16th notes (or 8th notes for the 12/8 page). Lets look at the first four bars of exercise one:



Now try to play constant 16th notes (alternate your hands) while accenting the written rhythms. This is what it looks like when written out (the x's represent the original rhythm and should be accented).



Do all of the rhythmic patterns in this way. It will greatly improve your reading and coordination. Here are some alternative ways to do this type of exercise:

1. Play diddles (32nd note RR or LL) on all of the notated rhythms while playing continuous alternating 16th notes as in the previous exercise.
2. Play the rhythm with one hand or foot while the other hand (or foot) fills in the missing 16th notes. This is great for your technique and coordination.
3. Play a long double stroke roll while accenting the rhythms. The roll should sound like 32nd notes.
4. Play paradiddles and without changing your sticking accent all the rhythms.
5. Play doubles in 16th notes (RRLLRRRLetc...) and accent all of the rhythms.
6. On the drum set play the 1st 16th note exercise on the hihat (you alternate your hands and play the accents) and play an ostinato with your Bass Drum foot.

Here are two Bass Drum patterns which work well for this:



Here's how these patterns look when they are completely written out:



A great variation of this idea is to play all the hand accents as hihat open/chokes. This is very challenging and requires good foot independence. Use the shoulder of the stick to play the accents while the unaccented notes are played with the tip of the stick.