

## *Appendix A* HAND EXERCISES

These exercises are for the development of the wrists and fingers. You will need this type of technique to play the drumset rhythms in this book. They also make great warmups. Speed is not as important as evenness and control. Start at a comfortable tempo (always use a metronome) and gradually increase your speed. Remember: always remain RELAXED!

1 2  
O say can you see  
R R R R L L L L R R R R R R R R L L L L L L L L

3  
R R R R R R R R R R R R L L L L L L L L L L L L L L

R R R R R R R R R R R R L L L L L L L L L L L L L L

**\*Continue to increase the strokes with each hand until the count is twelve. Do this exercise with both the fingers and the wrists.**

This exercise is great for developing a strong double stroke roll. The accents should be played FF.

3 |(c):

RLRRRLRLRLRRRLLL

RLRRRLRLRLRRRLLL

RLRRRLRLRLRRRLLL

RLRRRLRLRLRRRLLL

\* NOTE #'s 3 & 4 can also be played with flam, drops or cheese's on beats 1-2-3 & 4.