

# WEB LESSON #1

## SINGLE STROKES



### Precision and endurance



Eddy ROS

R Play the same sticking



Snare drum



Replay the beat before

R = Right

L = Left

### IMPORTANT ADVICES

- Be relaxed, play without tension and breathe normally.
- Take your time to play your exercises.
- Start slowly and think about precision before speeding.
- Pay attention to your sound. Play without accent. Have the same sound with your both hands.
- Use a metronome to help you.

### BE PATIENT

**PRACTICE AND HAVE FUN !!!**

### HOW TO PRACTICE ?

- 1 - Play each exercises 2 or 3 minutes without stopping and without mistakes.  
If there's some mistakes, play it again until you don't make a mistake.
  - 2 - Play each exercises 2 or 4 times and then follow up with the next exercise without stopping.  
Combine exercises 1 to 8 then 8 to 1 without stopping.
  - 3 - Replay the exercises by reversing your sticking, except for "Single strokes ternary".
- Use a metronome and start at 50 or 60 BPM. Then try to go faster but be careful about your accuracy and your sound.
  - You can also play these exercises with your double bass drum pedal or on double bass drum.



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# SINGLE STROKES BINARY

1 R L R L R L R L R L R L R L

2 R L R L R L R L R L R L R L

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

4 R L R L R L R L R L R L R L

5 R L R L R L R L R L R L R L

6 R L R L R L R L R L R L R L

7 R L R L R L R L R L R L R L

8 R L R L R L R L R L R L R L

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## SINGLE STROKES

### Precision and endurance

#### SINGLE STROKES BINARY on the snare drum

	TEMPO											
Exersise 1												
Exersise 2												
Exersise 3												
Exersise 4												
Exersise 5												
Exersise 6												
Exersise 7												
Exersise 8												
Exersise 1 to 8 and 8 to 1												

#### SINGLE STROKES BINARY on the snare drum (reverse sticking)

	TEMPO											
Exersise 1												
Exersise 2												
Exersise 3												
Exersise 4												
Exersise 5												
Exersise 6												
Exersise 7												
Exersise 8												
Exersise 1 to 8 and 8 to 1												

OBSERVATIONS :

**SINGLE STROKES BINARY with your feet**

	TEMPO											
Exersise 1												
Exersise 2												
Exersise 3												
Exersise 4												
Exersise 5												
Exersise 6												
Exersise 7												
Exersise 8												
Exersise 1 to 8 and 8 to 1												

**SINGLE STROKES BINARY with your feet (reverse your feet)**

	TEMPO											
Exersise 1												
Exersise 2												
Exersise 3												
Exersise 4												
Exersise 5												
Exersise 6												
Exersise 7												
Exersise 8												
Exersise 1 to 8 and 8 to 1												

OBSERVATIONS :

# SINGLE STROKES TERNARY

1 R L R L R L R L R L R L R L R L

2 R L R L R L R L R L R L R L R L

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

4 R L R L R L R L R L R L R L R L

5 R L R L R L R L R L R L R L R L

6 L R L R L R L R L R L R L R L R

WEB LESSON #1

6

R L R      L R L R L R

L R L      R L R L R L

7

R L R      L R L R L R

L R L      R L R L R L

8

R L R      L R L R L R

L R L      R L R L R L

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## SINGLE STROKES

### Precision and endurance

#### SINGLE STROKES TERNARY on the snare drum

	TEMPO											
Exersise 1												
Exersise 2												
Exersise 3												
Exersise 4												
Exersise 5												
Exersise 6												
Exersise 7												
Exersise 8												
Exersise 1 to 8 and 8 to 1												

#### SINGLE STROKES TERNARY with your feet

	TEMPO											
Exersise 1												
Exersise 2												
Exersise 3												
Exersise 4												
Exersise 5												
Exersise 6												
Exersise 7												
Exersise 8												
Exersise 1 to 8 and 8 to 1												

OBSERVATIONS :