

# WEB LESSON #2

## DOUBLE STROKES



Eddy ROS



### Precision and endurance

R Play the same sticking

Snare drum

Replay the beat before

Replay the two beats before

Replay the four beats 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.
- 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.



# DOUBLE STROKES BINARY

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

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

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

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

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

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

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

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

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## DOUBLE STROKES

Precision and endurance

### DOUBLE 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												

### DOUBLE 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 :

**DOUBLE 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												

**DOUBLE 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 :

# DOUBLE STROKES TERNARY

1 R L R L L R R L L

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

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

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

5 R L 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 R L L

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

WEB LESSON #2

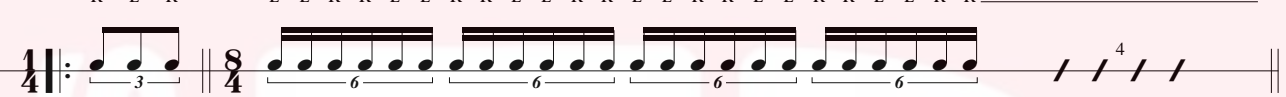
7

R L 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



8

R L 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 R 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



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### Precision and endurance

#### DOUBLE STROKES TERNARY on the snare drum

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