

5 Strokes and More

*These have to go fast or it's not worth it. You're wasting your time just playing a string of note patterns. They have to be fast so that you get the technique base to explode around the kit with confidence.

*Notice the 4 different versions of the 5-stroke roll. The first two are so that you do them in two different time feels and also, so that you have to turn them around quickly in 3/4 & 6/8 time. The second line 5's are the same but written at a truer representation for the pace you should aim for. I have not written them out for the remainder of the page but you should bear it in mind and do it.

*Importantly, you'll see to the left "*in 4*" etc... This is to set your head correctly. Your internal dialogue needs big simple counts, not lots of little counts. In other words, 7-stroke roll should be counted as "1-2-3-4" not as a fast "1-2-3-4-5-6-7". Same with all the others. This will focus you on the pulse of the exercise. Focus on the groove. The other stroke rolls in odd times are especially good for you to get familiar in less common time signatures. So, the 13-stroke roll is "1-2-3-4-5-6-7" not: "1-2-3-4-5-6-7-8-9-10-11-12-13". Ugly!

*Finally, notice that 7-stroke & 11-stroke are broken with a repeat mid-line. This is not a typo. Look at the sticking. If you play straight through, you don't get the opposite hand turn around.

5-Stroke Roll

R R L L R L L R R L

5-Stroke Roll in 3

R R L L R L L R R L

R R L L R L L R R L

R R L L R L L R R L

7-Stroke Roll

in 4

R R L L R R L

L L R R L L R

9-Stroke Roll

in 5

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

11-Stroke Roll

in 6

R R L L R R L L R R L

L L R R L L R R L L R

13-Stroke Roll

in 7

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