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## **Drum Set Warm-Ups**

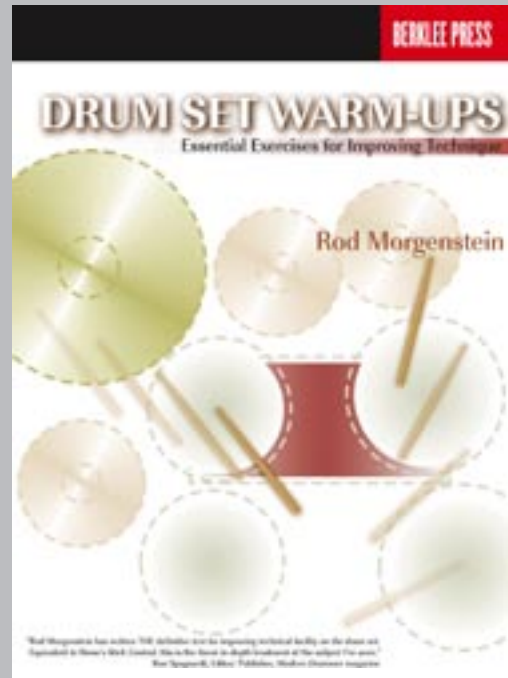
Rod Morgenstein

Lesson 1

One-Hand Sixteenths

Press ESC to cancel sound.

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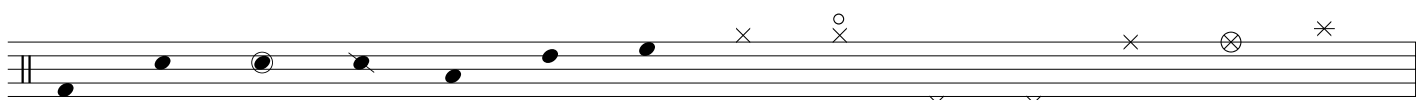
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# NOTATION KEY

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Bass	Snare	Cross-	Stick	Large	Medium	Small	Hi-Hat	Open	Hi-Hat	Hi-Hat	Ride	Cymbal	Crash
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\* Strike left stick with right stick while left stick rests on drumhead in cross-stick position

LESSON  
1

SUBJECT  
One-Hand Sixteenths

TECHNIQUE  
All strokes played with the same hand

A high level of accuracy can be achieved by focusing on one limb at a time. Play each exercise several times through with just the right hand and then just the left hand. Strive for an even, consistent sound, and try to strike each drum in the center. Exercises 15 and 16 are especially challenging due to the long reach from the hi-hat to the ride cymbal.

1

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

9

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

2

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

10

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

3

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

11

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

4

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

12

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

5

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

13

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

6

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

14

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

7

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

15

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

8

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

16

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

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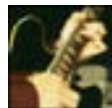
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Lesson 2

Four Strokes Per Hand

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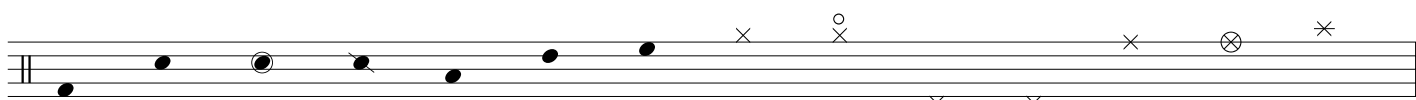
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LESSON  
2

SUBJECT  
Four Strokes Per Hand

TECHNIQUE

Hands alternate in groups of four notes

In the following exercises, one hand either repeats what the other hand plays or moves in a "mirror" image.

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

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

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

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

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

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

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

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

9 R R R R L L L L R R R R L L L L

10 R R R R L L L L R R R R L L L L

11 R R R R L L L L R R R R L L L L

12 L L L L R R R R L L L L R R R R

13 R R R R L L L L R R R R L L L L

14 L L L L R R R R L L L L R R R R

15 R R R R L L L L R R R R L L L L

16 R R R R L L L L R R R R L L L L

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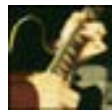
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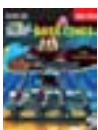
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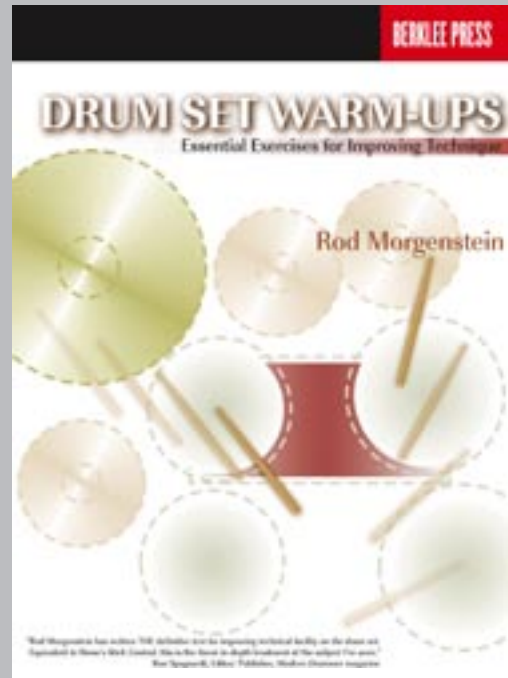
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Lesson 3

Alternating Single Strokes

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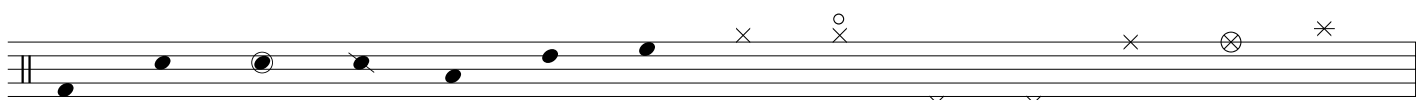
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\* Strike left stick with right stick while left stick rests on drumhead in cross-stick position

The following pages contain a variety of exercises played with alternating single strokes, with the hands moving in a variety of directions (clockwise, counterclockwise, horizontal, vertical, crisscross, or combinations). Some of the exercises might sound somewhat routine, but the idea is to force the hands, arms, and body to move in every possible direction to increase one's command of the drum set.

1

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

9

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

2

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

10

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

3

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

11

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

4

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

12

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

5

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

13

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

6

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

14

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

7

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

15

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

8

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

16

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

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