

# 16ths to 32nds

By. John Xepoleas

This 16th - 32nd note exercise is designed to help you develop better stick control, plus increase your endurance and speed playing single strokes.

1. To begin, practice each example with a metronome at a slow comfortable tempo. When you are confident that your strokes are even and controlled, start to increase the speed.
2. Once you can comfortably play each example with the right hand lead, practice with a left hand lead. (LRLR etc,,)
3. To develop your endurance, practice playing each example two times then make a smooth transition to the next example without stopping. After you play the last example the second time, end on the "one" of the beat with a single stroke.
4. Next, play each example once with a smooth transition to next example. Do this four times without stopping. After you play the last example the fourth time, end on the "one" of the beat with a single stroke.

♩ = 60 - 100

1.

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

2.

R R R R R R R R R L R L R L R L ETC....

3.

R R R R R R R R ETC.... RL RLR L R L ETC....

4.

R R R R R R R R ETC.... RLRLRLRL ETC....