

Double Paradiddle Workout

By. John Xepoleas

Start at a slow comfortable tempo practicing each example by itself. Play all accented notes 6 - 12" off of the head. Play all unaccented notes 2 - 3" off of the head. Once you can comfortably play each example practice this workout as one long piece starting with the first example and playing through the last. Repeat each example four times. Make smooth transitions between examples and always lock in with the click.

♩ = 60 - 80

3/4 4X
R L R L R R L R L R L L

4/4 4X
R L R L R R L R L R L L

3/4 4X
R L R L R R L R L R L L

4/4 4X
R L R L R R L R L R L L R L R L R R L R L R L L

3/4 4X
R L R L R R L R L R L L R L R L R R L R L R L L