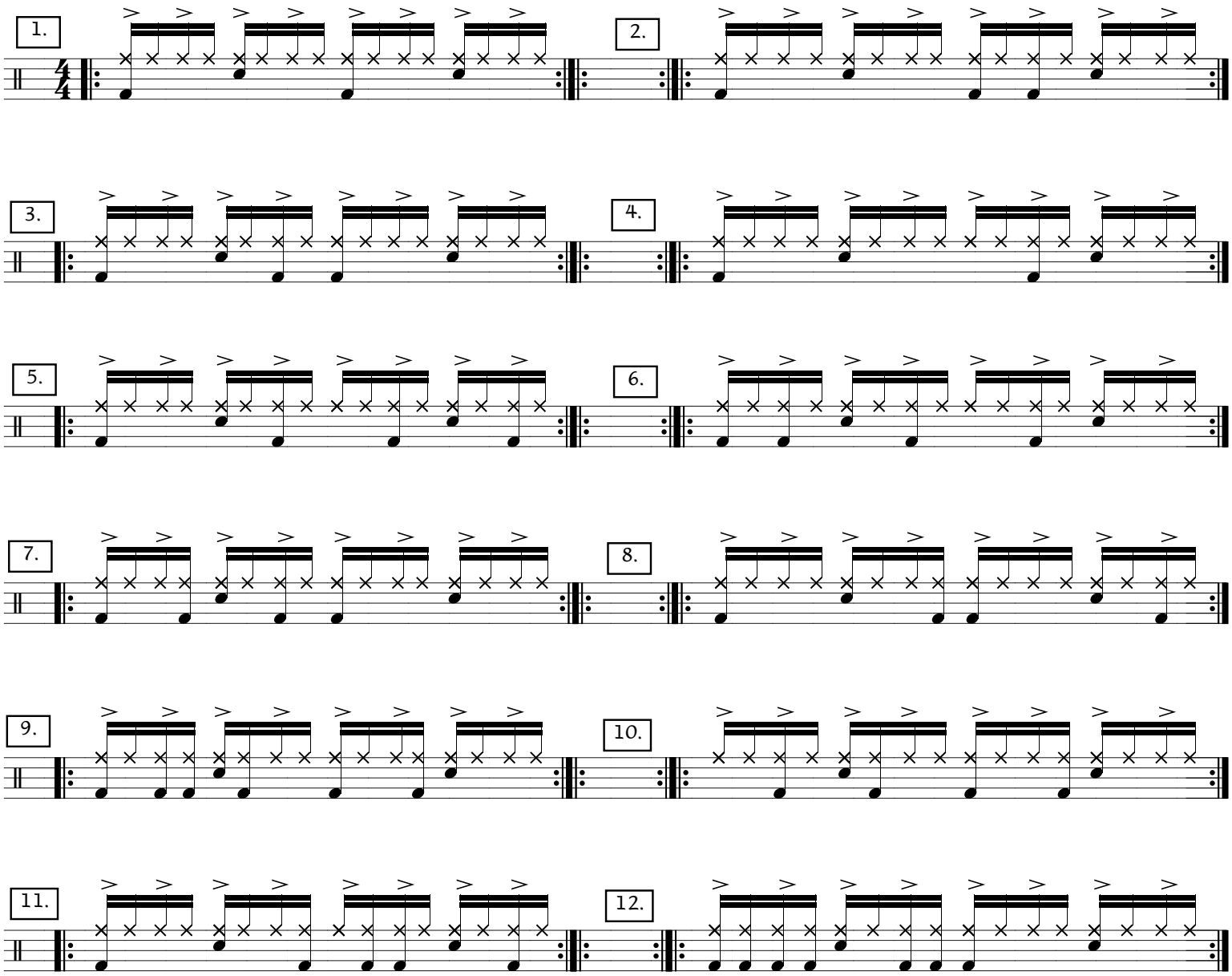
One Handed 16th Note Grooves

By John Xepoleas

The 16th note grooves in this lesson are based on an accented hi-hat pattern that utilizes a rocking technique with your wrist. This technique is the key element to getting the best sound and feel from these 16th note grooves. It will also help you gain better control, speed and independence.

To develop the rocking motion, play the **accented hi-hat notes** with the shoulder of the stick on the upper edge of the hi-hat. Play the shoulder approx. 1" from the tip of the stick. Play the **unaccented hi-hat notes** with the tip of the stick on top of the hi-hat. Keep the rocking motion consistent and maintain a tight hi-hat tension for each of these examples.

♩ = 58 - 92



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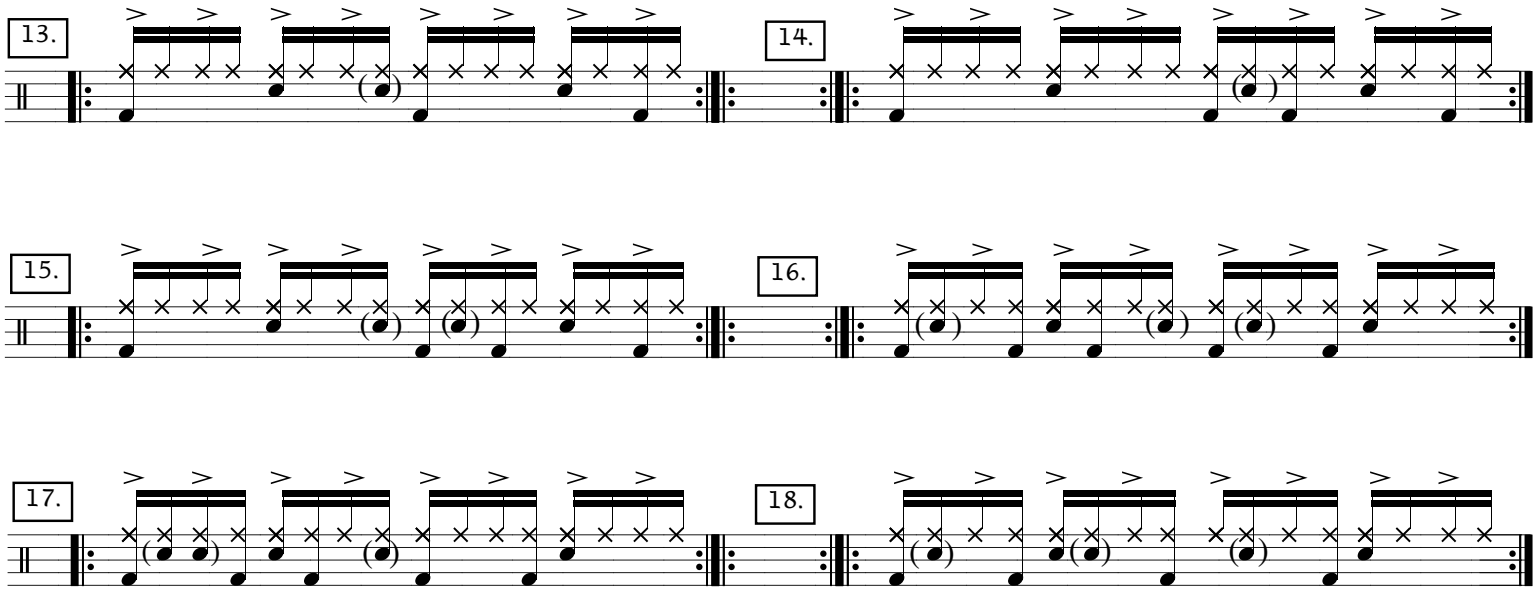
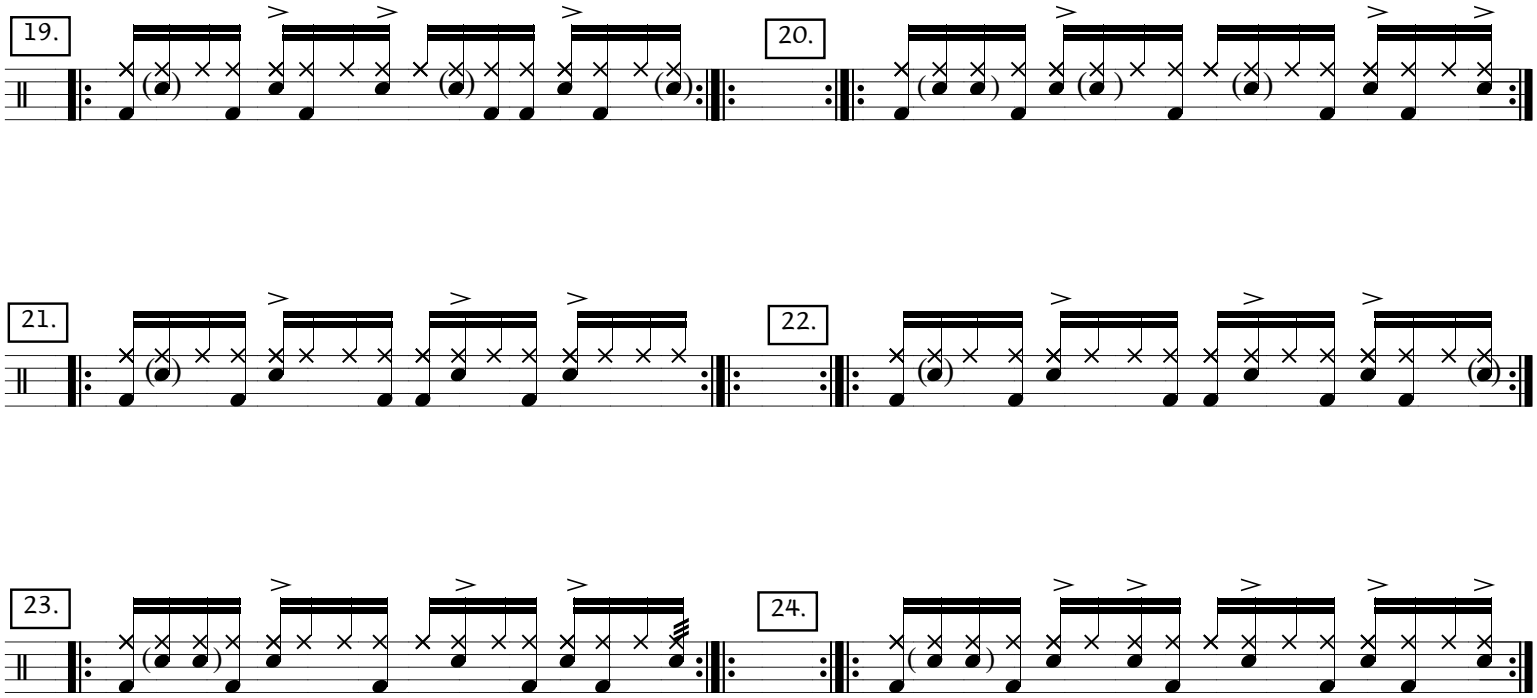
Examples #13 - 18 incorporate ghost notes on the snare drum. Play the ghost notes softly, 1 - 2” off of the head. Play all other snare drum notes using a full stroke or rim shot.



Examples #19 - 24 combine snare drum accents with ghost notes to create some very funky grooves. The hi-hat accents have been purposely left out, (to make the snare accents easier to read). They should continue to played as in the previous examples.