

Tempo List for exercises

**Beats Per Minute

Legato 7's

96, 104, 110, 120, 128, 132, 138, 144, 148, 152, 156, 160

*** The top height, FF will have less arm motion as we get past 138BPM. Please relax, rebound, and go for a connected motion.

Grid Checks – 7th Stroke Types

96, 104, 110, 120, 128, 132, 138, 144, 148, 152, 156, 160, 168

***Work through one letter at a time. You will pick up on patterns! Pay close attention to the dynamic markings. Maintain consistent balance heights for each.

Triple 7's

110, 120, 132, 138, 144, 148, 156, 160, 168, 172, 180, 192, 200

***We should have a good time while playing this. Perform into the patterns that are height and rhythm based. Smooth heights!

RUDIMENT SHEET

For your Health

Snare

Flam Accents

Flam Taps

Flam Paradiddle

Single Flammed Mill

Flam Paradiddle-diddle

Pata-FlaFla

Swiss Army

Inverted Flam Taps

Flam Drags

Swiss-A-Diddle

Choo-Choo

Cheeses

Flam Fives

Book Reports

Flam Five Pata-FlaFla

Double Flam Drags

Cheese FlaFla

Inverted Cheese

Egg Beater

Flam Roll

Cheese Cha

Tachada

Hertas

Floppies

mf 3'41.5"

Legato 7's

A ♩ = 96 - 160

ff *mf*

7 **B**

ff *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp*

14 **C**

ff *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff*

20

mp *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff*

D

29

mf *ff*

Legato 7's

A $\text{♩} = 96 - 160$

ff *mf*

7 **B**

ff *ff* *mp ff* *mp ff* *mp ff* *mp ff* *mp*

14 **C**

ff *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff*

20

mp *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff*

D

29

mf *ff*

Legato 7's

A ♩ = 96 - 160

ff

5

mf *ff*

B

ff mp ff mp ff mp ff mp ff mp

15

C

ff mp ff mp mp ff mp ff mp ff

20

mp ff mp ff mp ff mp ff mp ff

D

mf

30

ff

Grid Checks -- 7th Stroke Types

$\text{♩} = 116$

B B

ff

A

R R R R r r r r R L L L L L L L L L r r r r R R R R r l l l l l L L L L R R r r R L L L l r r R R r l l l l

ff/ mp

15

R R r r R L L L l r r R R r l l l L R R L L R R L L r r r l r r r l l R l r l R l R r l l

20

B

r R r l L r R r l L R r R r R r r r l L l l l l l l l r R r R r R r r l l l l l l l l R r R r r l l l l

26

r R r r r l l l l R r R r r l l l l l r R r R r l l l l R r r l r R r l l R r r l r R r l l

31

C

R r r l l r R r l l R r r l l r R r l l R L R L R L R L R L R L R L R L r l r l r l r l r l r l r l

35

R L R L R L R L R L R L R L r l r l r l r l r l r l R L R L R L R L r l r l r l r l R L R L R L R L r l r l r l r l

39

R L R L R L R L r l r l r l r l R L R L R L R L r l r l r l r l R L R L r l r l R L R L r l r l R L R L r l r l R L R L r l r l

43

D

r l r l R L R L r l r l R L R L r l r l R L R L R l r l R l r l R l r l r l r l r l r l r l r l r l r l r l r l

Grid Checks -- 7th Stroke Types

$\text{♩} = 116$

B B

ff

A

R R R R r r r r R L L L L L l l l l r r r r R R R R r l l l l l l l R R R R R L L L L R R R R R L L L L

ff/ mp *ff*

15

R R R R R L L L L R R R R R L L L L R R R L L R R R L L r r r l r r r l R r R L L R r R L L

20

B

R r R L L R r R L L R r R r R r R r r L L L L L L l r R r R r R r R r l L L L L L L L

25

R r R r r L L L l r R r r r l L L L R r R r r L L L l r R r R r l L L L

29

R r r L l r R r l L R r r L l r R r l L R r r L l r R r l L R r r L l r R r l L

C

R L R L R L R L R L R L R L R L r l r l r l r l r l r l r l R L R L R L R L R L R L R L R L

36

r l r l r l r l r l r l r l R L R L R L R L r l r l r l r l R L R L R L R L r l r l r l r l

39

R L R L R L R L r l r l r l r l R L R L R L R L r l r l r l r l R L R L r l r l R L R L r l r l

BassLine

42

Musical notation for measures 42-47. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: R L R L r l r l R L R L r l r l R L r l r l R L r l r l R L r l r l r l R I R I R L r l r l R L r l R I.

D

Musical notation for measures 48-50. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: R I r l R I r l R I r l R I r l r l R L r l r l R L r l r l R L r l r l r l R I R I r l R I r l R I r l R I.

48

Musical notation for measures 51-53. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: r l r l R l r l r l R l r l r l R l r l R I r l R I r l r l R l r l r l r l R I R I r l R I r l r l R l r l R l.

51

Musical notation for measures 54-56. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: R I r l R I r l r l R l r l r l R l r l r l r l R I R I r l R I r l r l R l r l R l R I r l r l R l r l R l.

54

Musical notation for measures 57-59. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: R I r l r l R l r l r l R I r l r l R l r l r l R I r l r l R l r l r l R I r l r l R l r l R l R I r l r l R l r l R l.

E

Musical notation for measures 60-62. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: R I r R I r R I r R I r r l l r l l r l l r l l r l l r R I r R I r R I r R I r R I.

60

Musical notation for measures 63-65. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: I r L I r L I r L I r L R I r R I r r L I r L I r R I r R I I r L I r L.

63

Musical notation for measures 66-68. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: R I r R I r r L I r L I r R I r R I I r L I r L R I r r L I r R I I r L.

66

Musical notation for measures 69-71. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: R I r r L I r R I I r L R I r r L I r R I I r L R I r r L I r R I I r L.

F

Musical notation for measures 72-74. The notation consists of a single staff with rhythmic patterns represented by slanted lines. Above the staff are accents (>) and below are rhythmic letters: R L I *mf* *ff*/*mp*

BassLine

71

R I R I r R I R I r R I R I r L R L R

mp *mf* *f* *ff*

SnareLine

Triple 7's

Arr.
C Lawlor

$\text{♩} = 110 - 200$

f *ff* *mp* *f* *mp* *ff*

5 *f* *ff* *mp* *f* *mp* *ff*

A *f* *ff* *mp* *f* *mp* *ff*

13 *f* *ff* *mp* *f* *mp* *ff*

B *f* *ff* *mp* *f* *mp* *ff*

21 *f* *ff* *mp* *f* *mp* *ff*

C *f*

29 *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff*

D *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *ff* *mp* *f* v.s.

37

mp *mf* *mp* *mp* *mp* *mf* *f* *mp*

E

ff

BassLine

37

mp *mf* *mp* *mp* *mf* *mp* *f* *mp*

R | r | r | r | L | R | r | r | r | L | R | r | r | r | r | r | r | L | r | r | r | r | L | r | r | R | r | r | R | r | r | L | r | R | r | L | r | L | r |

E

ff

